

The Belle

Issue Number 85 | Autumn 2019



DEPTH GAUGE



SUSSEX
MS CENTRE
small charity, big impact



PRESSURE OXYGEN

LOW PRESSURE O

Southwick Recreation Ground, Croft Avenue, Southwick
West Sussex, BN42 4AB

www.mssussex.com | 01273 594 484

OXYGEN REGULATOR

Sussex MS Centre: Autumn/Winter 2019

Welcome to the Autumn 2019 Belle!

Our team is now complete once more with the addition of our lovely new Support Officer, Ali. Ali has settled in so naturally and loves her new role. She is enjoying working with all our volunteers and members, ensuring their experience of the Centre is as rich and rewarding as it can be. If you have yet to meet her do pop in for a chat.

We have enjoyed mixed weather this Summer and for the first time we've grown veggies in our back garden with fresh produce offered



on a daily basis (albeit mainly courgettes and tomatoes!). Thank you to all members who helped over the summer to keep the space weed-free and well-watered, hedges cut and grass mown. Our volunteer, Bev, has been preparing the space for the chillier months, planting onions,

red onions, garlic and spring bulbs. We look forward to colour aplenty and a fine new harvest!

In August we launched our new website! The address is still www.mssussex.com – and, if you've not yet visited it, please do! It's easy to edit, so any suggestions are really welcome, but hopefully you'll find it to be comprehensive and user-friendly.



With the Christmas season fast approaching we have exciting social activities coming up. Look out, too, for informative talks including one on the Airnergy oxygen machine, which you may have seen parked in the Café area.

Jane has been successful with a bid to the National Lottery. So



**COMMUNITY
FUND**

thanks to funding from The National Lottery Community Fund (Awards for All) we will soon have new computers and laptops – something we've been

needing for a long time. So things will begin to move superfast in the Centre office in 2020!

A big thank you to all our hardworking volunteers who have helped make the Centre the efficient, buzzing and friendly place it is. Recently we have seen many more members joining making things even busier. This also means it is even more urgent that we secure provision for our new building (see update on the Building Project).

We're looking forward to seeing everyone in the run-up to Christmas. Don't forget to buy raffle tickets – it's a fantastic opportunity to raise funds for the Centre and be in with a chance to win some great prizes for yourselves!



Emily-Jane (EJ) Stuttard,
Centre Manager



Airnergy Device

New oxygen device at MS Sussex!

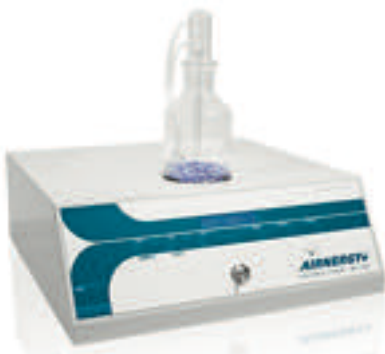


Therapy with the Airnergy device delivers an enhanced level of oxygen which is carried by water molecules in the air. These are inhaled using a cannula for a 20-minute session.

The majority of people who benefit from these devices live with MS or suffer from insomnia. They report increase in energy, reduced fatigue and decreased brain fog.

Co-MeD, a company that provides a range of complimentary, alternative medical devices, has very kindly donated the Airnergy device to the Centre for a six month trial period.

We are offering two free trial sessions to any member interested in trying Airnergy. Thereafter, there is a suggested donation of £5 per session. (Other clinics charge £30.) Each member needs to have their own cannula for their session. The cost of the cannula is £2.



One of our volunteer receptionists and Trustees, Alison Walter, who lives with MS and has been using the Airnergy device, reports:

“ My breathing is easier and overall I feel more relaxed and cleansed! ”



Alexander Technique at the Centre



Do you want to learn some self-help skills that can improve your state of well-being, reduce pain and increase energy levels? Look no further than the Alexander Technique!

Come to a 1 hour group taster session on Monday 11th November between 10am and 11am. (Please sign up at Reception.)

Rebecca Rees, our Centre's Alexander Technique teacher, is running this session to show how learning the

Alexander Technique can help us move around with greater freedom and ease in all our daily activities. In the session we will have fun exploring our hidden neuromuscular tension habits and how these often limit our freedom of movement without us realising.

Changing our habits leads to an overall reduction in muscular tension, easier patterns of movement, breathing and feelings of well-being.

Rebecca is here every Monday from 10am till 4pm for half hour or one hour, one-to-one sessions. Please book at Reception and wear loose comfortable clothing so that you can move around freely.



Health Talks ...

Wednesday
NOV 6
11:00 am

Airnergy Talk with Stephen Logue from Co-MeD

Co-MeD, providers of a range of complimentary, alternative medical devices, has very kindly donated the Airnergy device to the Centre for a six-month trial.

Airnergy therapy delivers an enhanced level of oxygen carried by water molecules in air inhaled using a cannula for a 20-minute session.

Wednesday
NOV 13
11:00 am

Healthwatch Service Talk with Cheryl Berry

Cheryl Berry is a Community Partnership Lead and Community Involvement Worker from Healthwatch West Sussex.

Healthwatch is an independent champion for people using health and social care services in West Sussex. Dedicated to understanding their needs, experiences and concerns, Healthwatch speaks out on patients' behalf, ensuring that service providers put people at the heart of care.

Thursday
NOV 28
11:00 am

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.

F r i d a y
FEB 21
12:00 pm



... in the Café

Thursday
NOV 7
11:00 am

CBD Talk with John Wood

Could CBD (Cannabidiol) Oil give you relief? John will cover what CBD oil is and how it works and how it may benefit you, as it may be able to help with pain management. Sharing his own personal experience, he will also encourage an open discussion about the potential benefits of using CBD oil.

Thursday
JAN 16
11:45 am

Wednesday
DEC 4
11:00 am

Advice Surgery with Rebecca Jones from NEA

Rebecca from NEA (National Energy Action) will share useful advice about 'warmer homes', including help and tips about how to stay more snug while at the same time decreasing household energy bills throughout the winter.

Cervical Screening

Around 2,600 women are diagnosed with cervical cancer in England each year, and around 690 women die from the disease – that's 2 deaths every day! The NHS estimates that if all women attended screening regularly, 83% of cervical cancer cases could be prevented. Despite this, screening is at a 20-year low, with 1 in 4 women aged 25 to 64 in the UK not attending their test.



If you haven't had a cervical smear recently or missed attending when invited, please book an appointment now with your GP!



A Member Recommends ...

Think you can't cycle? Think again! Alison Clough, (member and Trustee) recommends you look at Emma Bowler's inspirational article in Lifestyle magazine, Issue 104 (August 2019).



Get ready to increase your independence and fitness next spring! Read about the Wheels for All initiative, a nationally recognised programme for children and adults with disabilities and differing needs that helps them engage in quality activity. It provides stimulating cycling across the UK using specially adapted cycles. It's physically and mentally invigorating and above all fun for everyone involved.

All centres welcome individuals, groups and families. Trained leaders, with the knowledge and confidence to work with participants, can teach you to use the cycles and enjoy the benefits of cycling.

Alison went to the Horsham Wheels for All Centre and had great fun at one of their events – as her pictures show! Please let us know if you're interested in us organising a group outing!



... Cycling with Wheels for All

Local Wheels for All centres are:

Horsham Wheels for All

Broadbridge Heath Leisure Centre
Wickhurst Lane
Horsham RH12 3YS
Tel: 01403 215637/07764 146339

Eastbourne Wheels for All

Cross Levels Way
Eastbourne BN21 2UF
Tel: 07881 282725

Wheels for All has 50 Centres across England and Wales.
Visit [Cycling.org.uk/wheels-for-all](https://cycling.org.uk/wheels-for-all)
or telephone 01925 234213.

Another useful contact for adapted cycling sessions is:
CYCALL – Inclusive Cycling
Worthing:
<https://asouth4all.co.uk/cycall>

Sessions run from May to September and are generally at Brooklands Park, Western Road Lancing. The cycle track is just north of the park.

You can find the article online at
<https://live.editiondigital.com/e/197skdfhs/lifestyle-104#!page34>



Raise the Roof! Trustees' Update



We are making steady progress with the project to replace our prefabs in the park with an exciting new purpose-built Centre. We're currently in negotiation with Adur District Council over the site and putting together a fundraising strategy to raise over £1.5 million.

Design work is ongoing – and we need your input! As a user-led Centre, we rely on your knowledge and expertise to help us determine the range of facilities that we offer.



As we plan our new building, we'd love to hear what you'd really like us to provide to help you manage your MS. We're all different, so please let us know your thoughts – we're always happy to listen. You can put ideas in the Building Project Comments book at the Centre or phone, write or email jane.taylor@mssussex.com.



Abseiling from the i360

What a stunning morning for an abseil!!

After having to cancel this event in April and July due to adverse weather conditions, we watched our last group of six participants take the leap from 450 feet above Brighton beach in our i360 abseil. How brilliant to see them all come down safely – and triumphantly! It looked absolutely terrifying!

A huge thank you to all our intrepid abseilers (23 in total) and to everyone who came to support us not just on Saturday 14th September but on the other abseil mornings, too.

Your heroic efforts raised an eye-watering grand total of over £11,000 of vital funding for the MS Centre. We hope you had fun on the day and conquered any fear of heights!



Thank You ...

Aside from our Centre-organised events such as the i360 abseil and 10K sponsored cycle, we have had many kind and generous individuals support the Centre by carrying out an individual or group fundraising activity.

Our heartfelt thanks goes to all these people who are too numerous to mention but you know who are!

We've had a **Skydive** in New Zealand and a well attended **Bridge Afternoon** at the Centre. One person ran the **Eastbourne Half Marathon**; another swam a **5km Swimathon**; two people undertook a **Tough Runner**; and two more **cycled from Brighton ...**



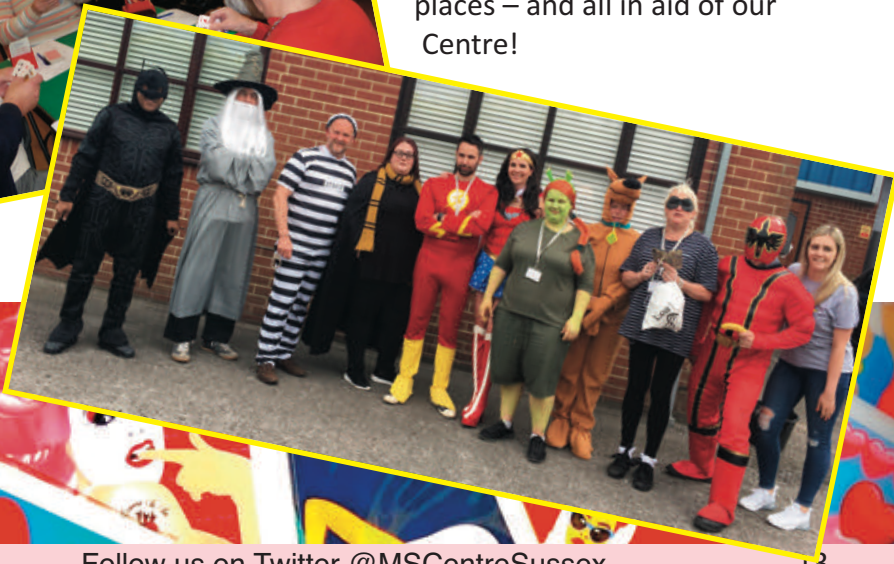
... to Independent Fundraisers

... to Paris! Three people ran the **Brighton Marathon** and one did the **Brighton Triathlon**. There was another **Guy Lloyd's Celebrity Bingo!** Someone **baked** and we all guessed the weight of the cake, while someone at Allied Protection held a **Bake Off!**



The prize for the most unique idea this year surely has to go to **Newhaven Bowling Club** who held a **Candlelit Bowling Evening** to raise funds – despite it being so rainy and windy (hence no photo)!

In addition, we have supporters working quietly in the background, some **making and selling cards, tote bags, cushions covers, coasters** and **marmalade**, others holding **coffee mornings**, and still others **growing plants** from seed or **selling books** in work places – and all in aid of our Centre!



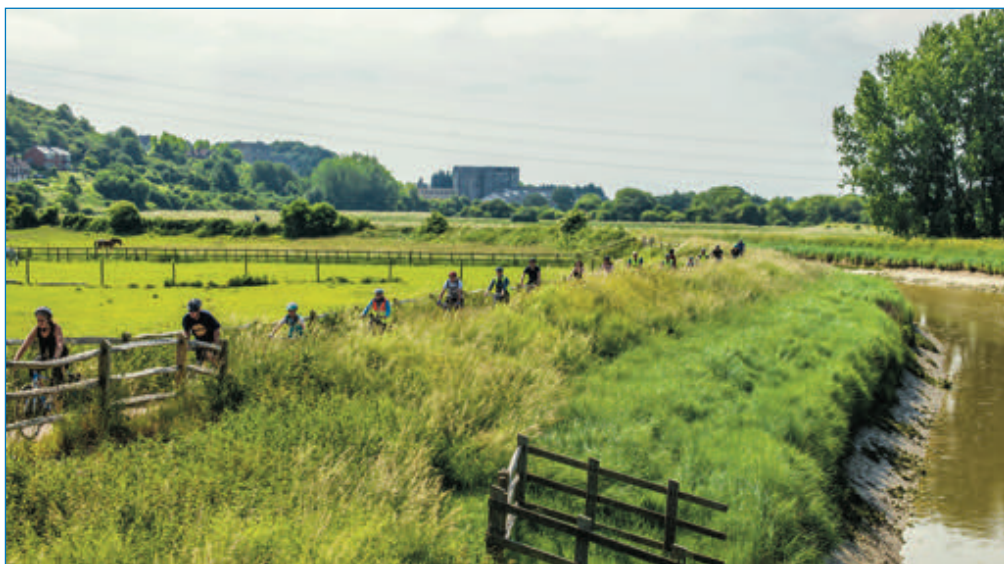
Follow us on Twitter @MSCentreSussex

Can you Run or Cycle for the Centre?

Brighton Marathon 2020



The marathon is coming up again on Sunday 19 April 2020! We currently have one place for a runner to raise funds for the Centre. If you know anyone who might be interested in taking up the challenge of BM2020, please get in touch with Ali on events@mssussex.com.



Sussex MS Centre Sponsored Cycle 2020

Our annual 32K Sponsored Cycle from Shoreham-by-Sea to Slinfold Village is set for Saturday 13 June 2020. If you or someone you know would like to take part, please contact Ali on events@mssussex.com to register and start getting your sponsors together! If you don't want to cycle, you can help by marshalling!



MS Specialist Nurses updated Oct 2019

Brighton	Stephanie Verry stephanie.very@nhs.net or Nadia Abdo n.abdo@nhs.net	01273 265887
Worthing, Littlehampton to Southwick	Julie Green or Nicky Davis sc-tr.msteamworthing@nhs.net	01903 858178
Eastbourne, Seaford & Hailsham	Vicky Lester victoria.lester@nhs.net	01323 514809
Chichester & Bognor	Katrina Orchard katrina.orchard@nhs.net nhs.netsctr.msteamworthing@nhs.net	07768 145978
Horsham, Crawley & Chactonbury	Nadine Morley nadine.morley@nhs.net	01403 620446
Uckfield	Gill Ferdinands gill.ferdinands@nhs.net	01825 769999
Bexhill, Hastings & Rother	Trish Dean trish.dean@nhs.net	01424 755255
Mid Sussex & Crawley	Kelly Hill sc-tr.msteamworthing@nhs.net	01444 419532
MS Team email	sc-tr.msteamworthing@nhs.net NB Please use this email address for all initial enquiries.	



Fed Up with Urinary Tract Infections (UTIs?)

Prevent urinary tract infections! Download the STOP UTI app!!
Do you use urinary catheters and suffer from urinary tract infections (UTIs)? Wellspect Healthcare provides valuable training and education to help prevent UTIs.



Download the Wellspect app! Developed in cooperation with the European Association of Urology Nurses, it gives advice for those who wish to learn more about Clean Intermittent Catheterization in general and how to prevent UTIs specifically.



iOS

Do the STOP-UTI check and get personal recommendations for preventing UTIs, or boost your knowledge about UTIs with helpful facts and resources.



Android

Ageing Well Service

Led by Impact Initiatives, Ageing Well is a new service for people aged 50+ in Brighton & Hove. It helps you to find things to do, places to go and people to see.



For information on activities, groups, cafés, centres, transport, befriending, events, trips and more:

- visit the Ageing Well website at <http://ageingwellbh.org/>
- call 01273 322947
- email ageingwellbh@impact-initiatives.org.uk
- text 07770 061072



Oxygen 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).

Running Late for the Chamber?

To get the maximum benefit from your oxygen session you should



be calm and relaxed, have time to go to the toilet, gather reading material and maybe get yourself a drink to take into the chamber, so please try and arrive 15 minutes prior to your session. It also means that sessions start on time, pleasing everyone!

Please ring us if you're running late. We'll wait up to 5 minutes if we need to. Knowing you're trying to reach us is really useful.

Remember that if you can cancel your dive with 24 hours to spare, we may be able to give your time to someone else from the reserve list who really needs it.



Walk Off!



We were really sorry to have to make the decision to cancel our annual Adur Walk this year when only three people signed up to take on the nine mile trip.

This event is usually a really reliable fundraiser for us. At less than £30, the costs of staging it are negligible, so virtually all the sponsorship money goes towards supporting Centre members. This is the great advantage of both the walk and the bike ride as the income is usually about 10 times the investment, a return that makes our accountant very happy!

So, can you help us with recruiting new participants next year – or do you have any ideas about how we can reach out to potential walkers more effectively? It would be a great loss to our income if we decided not to run them, unless we can think of alternatives.... Any ideas?

You can let Ali know on events@mssussex.com or discuss your ideas with her at the Centre. Thank you!



Subs Increase and Monthly Giving

We've recently reviewed our annual subscription payments and we've found that we need to increase them to help with running costs. The good news is, that it works out at just under 10p more per week! This makes the new annual subscription fee £20.00.

This is the first increase in over ten years! We hope you'll think it's fair and still good value for money. Drop-in classes will continue to be free (with donations very welcome), while therapy sessions are roughly a third of High Street prices. Suggested donations for oxygen sessions are among the lowest of any MS Centres in the UK.

Annual subscriptions are due in January. If you pay by standing order, please contact your bank to increase the amount to £20.00.

If you don't pay by standing order you may wish to consider changing to this means of payment now. Please complete the form overleaf and hand it in at the Centre office.

Could you become a Monthly Giver?

Our Centre is a very special place. We rely on your generosity to keep going. By giving a small amount every month, you will help us to keep the doors open every day of the week. A regular gift from you *will* make a difference! Please complete the form overleaf.

Please note, the form can be used 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.



Standing Order

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)

.....

.....



Classes and Individual Therapies

All individual therapies can be booked at Reception. Payment is arranged with the therapist.

All classes are drop-in, so no need to book, but we welcome donations!

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 Glass Class	Trudie	11.00am–1.00pm
	Drop-in Belly Dancing 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	Julia	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–2.30pm
	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



Christmas Raffle – December 2019



BUY YOUR
RAFFLE
TICKETS!

BUY YOUR
RAFFLE
TICKETS!

BUY YOUR
RAFFLE
TICKETS!

Our grand Christmas Raffle will be drawn at 11.45 am on Thursday 12th December. Please support the Centre by buying or selling as many as you can! Raffles are a great way to raise money and awareness! There are some fantastic prizes to be won including:

£100 voucher for dinner for two
at The Ivy £100 Marks and Spencer
voucher Afternoon tea for two at
Hilton Brighton Metropole Two tickets to the
Krater Comedy Club, Komedia, Brighton Two
tickets for Eastbourne Theatre's
'Jack and the Beanstalk'
And much, much more!!!

We have enclosed a book of five £1 raffle tickets in this edition of The Belle for you to buy or sell. **Remember to keep the right hand side of each ticket and give us the other half with the name, address and phone number of the person who bought it.** Please ask at reception or give us a bell if you'd like more! Good luck in the draw!



Special Thanks to...



Shoreham Port for two volunteer gardening days by staff Donna, Terry and Lynn, who worked tirelessly to spruce up the garden to help Centre members and volunteers keep on top of things throughout the Summer. Shoreham Port also made a generous donation for new masks for oxygen sessions.



The Adur East, Brighton and Lewes Lions for donating funds to meet the cost of a new hoist and a tilt table, both of which were urgently required.

Lloyds Bank employee, Amy Bunn (Credit Operations, City Park, Hove), for organising a fundraising Casino evening at the Grand Hotel in Brighton, giving half the funds raised to the Centre – with



match funding donated by the bank itself. We thank all the people who so generously donated on this evening.

LLOYDS BANK

A team of 11 volunteers, from Lloyds (Customer, Change & Innovation Risk Division) in Hove came for a day to the Centre in June and did an amazing job painting not only the Gym but all three Therapy Rooms along with some touching up of the Café area. This really brightened up some areas that were looking tired.



The **Co-op in Southwick**, who have worked with us and supported us hugely for the past year by making us one of their local causes, entering a team for our sponsored cycle and giving us three supermarket collection days. A big thank you to members who collected on those days.



Support the Centre

You can easily support the Sussex MS Centre in a variety of ways. We are now linked to a range of businesses that reward charities when you shop. All you need to do is 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 the easy way to raise funds for Sussex MS Centre by shopping online. From holidays and travel to clothing and gifts – with more than 4,300 participating stores you can raise hundreds of pounds from your online purchases. Spread the word and support the Centre at



giveasyoulive.com/join/sussexmscentre



Co-op Local Cause

Co-op Local Cause

Choose us as
your local
community
cause



The Co-op will donate 1% of the money you spend if you support us as their chosen local cause. You'll need to be a member first though! If you're not,

you can join at <https://www.coop.co.uk/membership> or in store. Our local cause number is **28440**

Beauty and Holistic Treatments

Did you know that Sarah is at the Centre from 9.30 am to 2.30 pm every Friday to give inexpensive beauty and holistic treatments? Please book in at Reception.

1 hour facial	£20	Manicure	£20
Half hour facial	£10	Hand Cuticle Care + Nail File ..	£10
Indian Head Massage	£20	Pedicure	£20
1 hour relaxing massage ..	£20	File & Paint (fingers or toes) ..	£10
Reflexology	£20	Brow Wax or Tidy	£5
Hopi Ear Candling	£20	Half Leg Wax	£10
Reiki (30 minutes)	£10	Bikini or Underarm Wax	£10
Lash or Brow Tint	£8	(initial patch test required)	
Lash and Brow Tint	£15	(initial patch test required)	



Your Centre Needs You ...



... to help with fundraising to keep our services affordable for all.

It costs around £2,600 per week just to open our doors. A single commercial oxygen treatment can cost as much as £160, and classes out in the community are usually a minimum of £6. We all give

what we can, but to continue offering our group activities on a donation basis, we need to supplement our income with some serious fundraising!

Recently, the team of volunteers who help support fundraising events has shrunk to just a handful. They are very committed and give their time freely – but we are definitely short-handed!

We would all be really grateful if you would add your name to the list of people we can call on occasionally to help us run stalls or collections. We really won't mind if you're not available for every event: we'll simply appreciate any time that you can give!

The other great benefit of being out and about in Sussex is that on nearly every occasion, at least one person will say they have never heard of us and are delighted to know we exist. Our volunteers are the best ambassadors!

Please contact us at the Centre if you're happy to add your name to the list of people we can call. Thank you!



Calling New Trustees!

Our Board of Trustees guides us and helps us make good decisions, offering advice, expertise and support to staff on a day-to-day basis, as well as ensuring that we meet the financial and legal requirements of running a company and charity.

Trustees volunteer their time and skills to support and shape the strategic direction of the Centre. Its an exciting opportunity to make a significant contribution to our work and future.



Chris Ash-Edwards, Chair of Trustees

With that and the new building project in mind we would really welcome interest from people who are committed to our purpose with experience in any of the following areas: building projects, fundraising, finance (in particular a Treasurer), managing volunteers, or marketing.

Board members take an active interest in the organisation, regularly attending our events and helping us outside of meetings to achieve various organisational goals.

If you feel you have some skills or experience in fundraising, marketing, finance or in managing volunteers and the time to devote, we'd love to hear from you. The Board meets every two months on the third Monday of the month.

How to apply: Please ask EJ, the Centre Manager, for an expression of interest form that you can fill in to be passed to the Chair of the Trustees, Chris Ash-Edwards. Once we have received your application, two Trustees will meet with you informally.



Sunday November 10th: Ladies Barber Shop



Coastline Harmony: 'On the Rocks'

Coastline Harmony is a Southwick-based women's *a capella* group singing a wide range of songs and styles in four-part harmony. They don't just sing *en masse* – they also perform in smaller groups, such as the two quartets, 'Ice & Slice' and 'Cocktail' who will be singing for us.

Coastline Harmony will perform two half-hour sets with a **Cream Tea** and **Licensed Bar** provided by the Centre on **Sunday November 10th, 2019** starting at **2.00pm**.

Members £4 Member & Carer £6 Guest £6



Friday January 24th: A Burns Night of Magic

How does he do that?!

When it comes to close-up magic, Worthing-based magician, David Croucher, is ace! Using everyday objects such as pens, coins, playing cards and even elastic bands, he conjures up a sense of mystery and wonder.

“David’s close-up magic was jaw dropping, I just can’t work out how this is possible, even though it’s only a couple of feet away. Very very entertaining.”

Mark Hickman

David will perform two half-hour sets at the Centre on **Friday January 24th, 2020** starting at **6.30pm**.

Members £4 Member & Carer £6 Guest £6

Includes Burns Supper of Haggis and Neeps!

“David Croucher was fabulous at our event. Eyes popped at his magic, and he is so friendly.”

Victoria Lamont



Follow us on Twitter

eSussex

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Upcoming Social Events 2019

Our Social Committee has been busy organising exciting dates for our upcoming social events held here at the Centre.

Sunday
NOV 10
Doors
1.30 pm
Start
2.00 pm

Ladies Barber Shop with Cream Tea

Come and enjoy a cream tea to the soothing strains of women's *a capella* groups, 'Ice & Slice' and 'Cocktail', whose repertoire takes in a wide range of songs and styles in four-part harmony, and who perform regularly at events from music festivals to charity shows.

Members £4 Member & Carer £6 Guest £6

Wednesday
DEC 11
Doors
12.30 pm
Start
1.00 pm

Christmas Lunch

'Tis the season to be jolly! And there's no jollier way to celebrate than with the Centre's Christmas Meal – turkey and trimmings, trifle, cake and more – and all provided by the Social Committee, members and staff! You'd be crackers to miss it!

Tickets: £5 Book at Reception from November

Monday
DEC 18
1.15 pm

Children Carol Singing

Children from Eastbrook Primary School will perform traditional carols that we know and love, plus some intriguing new arrangements! And, of course, there will be mulled wine and mince pies aplenty!

Donations please



Upcoming Social Events 2020

A Burns Night of Magic!

David Croucher, a close-up magician, entertains with everyday objects – coins, playing cards, elastic bands etc. – creating magical moments for everyone, and conjuring a sense of wonder and mystery. Let him enthrall you at this year's Burns Supper!

Members £4 Member & Carer £6 Guest £6

Friday
JAN 24
Doors
6.00 pm
Start
6.30 pm

Fish 'n' Chips Quiz Night

Come and enjoy a tasty fish and chip supper while exercising the little grey cells. Astound your friends with your knowledge of everything from sport and music to history and geography!

Members £4 Member & Carer £6 Guest £6

Friday
MAR 13
Doors
6.00 pm
Start
6.30 pm



If you don't want to receive a paper copy of the newsletter, please ring the Centre or email info@mssussex.com. Our Trustees voted to continue sending out the paper copies.

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!



Follow us on Twitter @MSCentreSussex

Christmas Lunch: Wednesday 11th December

Lunch ~ Licensed Bar ~ Festive Cheer

Doors at 12.30 pm for 1.00 pm



Menu

Soup

Turkey, Ham, Salmon, Veggie Option

Selection of Accompaniments

 Choice of Festive Puds 



Register at Reception from November.

Please tell us when booking if you have any dietary requirements.

Winter Weather & Christmas Closing Times

We do all we can to keep the Centre open – despite what the weather might throw at us!

However, if the weather *is* bad, please try to ring us before you set out so you can check that your teacher, therapist or chamber operator has managed to make it in. Also please do your best to let us know as soon as possible if you yourself can't get to us!

The Centre will be closed from midday on Christmas Eve and re-opens on Thursday 2nd January 2020.

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

