



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

www.mssussex.com | 01273 594 484

Sussex MS Centre: Winter 2022/23 ...

Welcome to the Winter 2022/23 Belle!

In 2022, after the lockdowns of the pandemic, we have worked hard to bring all our services back to full Pre-Covid levels – and introduced some new ones!

However, we have kept most of our enhanced hygiene protocols, as they proved to be very sensible. Although mask wearing is not mandatory, we ask that you are understanding towards others who may be anxious or vulnerable, and please be respectful if a therapist asks that you wear a mask. We will continue to review Covid protocols over the coming months.



Of course, times are tough, and we're very aware that everyone is feeling the fallout from the cost of living crisis, but any help you can give us is hugely appreciated – and we're very grateful for the increase in collaborative fundraising over the past year. As you may have realised, we've been working hard to put in place much needed building safety improvements to ensure that we are fully up to date with fire regulations.

We have a great team working at the Centre. Ali has taken on new challenges, organising events such as the Spinnaker Tower abseil and 2023's Summer Fair. Helen has done a sterling job supporting us with daily operations and community fundraising; member and volunteer, Tabatha, has taken on book keeping like a duck to water; and freelance part-time fundraiser, Donna, has brought in much-needed funds for areas such as building improvements, classes and daily running costs.



... Welcome to The Belle

So! The Belle! This is a bulging bumper edition, jam-packed with information and advice. So, what does it contain?

Well, there's an introduction to each of our therapists with a bit about them and their therapies. There are details of new services and courses: bladder and bowel health surgeries and walk-in advice sessions; a Positive Mindset course; a talk about sleep (which, if there's enough interest, will lead to a really valuable sleep CBT course). There are a couple of great recommendations by members. And there's a 'save the date' calendar for our socials. So get your diaries out right now!

Last but most certainly not least, we're very excited that in July 2023 we'll be holding a Summer Fair on Southwick Recreation Ground in aid of the Centre (see back page), where we're hoping to raise awareness and increase the involvement of the local community. If you're interested in becoming involved or would like to offer your skills, please contact Ali on events@mssussex.com.

On behalf of the Trustees, Ali, Helen and Donna, I wish you a peaceful and happy 2023.

Emily-Jane (EJ)
Stuttard,
Centre Manager



Talk: Sleep Well, Feel Better



Statistics suggest that 50% of people with MS report poor sleep issues, impacting on all aspects of daily life – from fatigue to concentration to feeling low.

The good news is that many of these issues are treatable, since understanding what stops us sleeping lets us make changes to improve sleep quality.

At 12:00 pm on Wednesday 29 March, Claire Elmes, founder of Inspire You, will talk at the Centre on how to 'Sleep Well, Feel Better'.

Claire is passionate about supporting people to switch from the 'fight and flight' systems, which cause issues for sleep, stress and anxiety in particular, and support people to alter their lifestyle to enable more rest and recovery in their daily lives.



Using a powerful technique called CBTi (Cognitive Behaviour Therapy for Insomnia), Inspire You helps improve mental fitness through science-backed approaches, and this talk will help you to:

- understand the physiological processes of sleep
- understand why you may be struggling with sleep
- gain awareness into what problems you may be going through
- gain insight into changes you need to make to sleep better
- prioritise your sleep and take immediate action

Course to follow in June depending on interest.



Social Committee

‘Social events are so important for wellbeing – such an important part of the Centre. They mean so much to us. Thank you to the Social Committee!’

Well said! The Social Committee intends to keep on going. But it needs your input now! So, if you’re energetic and enthusiastic and would like to get involved, please ask them about volunteering.

‘I am housebound apart from these events. Today has been so much fun. Wonderful entertainment and food. I feel at home here and you make life worth living. Words cannot express my thanks sufficiently, but I’m very happy.’

‘Fantastic social today. Loved the Wailers, food, drink and company. More please, thank you.’



SAVE THE SATURDAYS

Jan	21	Burns Early Supper with haggis and tatties
Feb	25	Fish and Chips Quiz Night
Mar	25	St Patrick’s Early Supper with Irish stew
Apr	29	Las Vegas Night



A Member Recommends...

I've been coming to the Centre for nearly four years. I take Oxygen every Wednesday but because of my arthritis I get neck ache in the tank. So, when I discovered that I could afford a slot with Marta, the Centre's massage therapist, which coincided with my Wednesday visit, I went along with my wonderful carer, Shaz.

I was really impressed. I'm a qualified massage therapist myself and have been massaged by therapists all over the world, so I know when massage really works. And here's the thing. The morning after my massage? No neckache, no hip-ache and I had slept like a log. It was astonishing. The benefits continued week on week, and there was a cumulative effect, too. Muscles were softer, looser, warmer, and my paralysed leg was being looked after so well.

When Marta left, the amazing Jenny took over. She's extremely proficient and really ensures that the room is warm and clean. Her holistic approach and extensive training mean that this is a safe therapy for everyone (except those specifically advised not to have massage therapy).

Muscular skeletal massage requires a very specific set of skills, a close observation of the client's body in order to find the correct remedy, precise recording of case history, and a weekly update of symptoms. It's the 'precision engineering' of massage. It also requires practitioner and client to have a two-way conversation, however short, about what works, what feels good and the right amount of pressure.

MS comes with a host of problems, and some can't be solved with current medicine. As I have other comorbidities, I make it my job to keep well. Yet the pain we suffer daily (and nightly), the tension we



...Massage Therapy

tolerate and the stiffness caused by spasms can all be alleviated and sometimes controlled by just one hour a week with a properly certified professional – because massage helps to bring the blood to the surface of the skin, removes toxins, and leaves the body in a better position to heal itself.

A manual lymphatic drainage therapist also works at the Centre. This type of massage is gentle and effective – especially for swollen legs. It helps the body push toxic waste into the lymphatic system and then expel it naturally, encouraging water to be removed via the bladder. It really can help with the throbbing, and weeks of misery.

So come on down and be proactive about all we have to deal with in life! If you need advice, you can speak to Centre volunteers, Jenny herself, or any of the other therapists who support us with all our wonderful classes and therapies. We're so lucky to have these dedicated professionals in our midst, and I encourage you to be brave and give it a try. You have nothing to lose but your aches and pains.

Boss (Shelley-Lois) MacPherson



Boss and her massage therapist, Jenny



Can You Run a Half Marathon...

Do you enjoy Half Marathons? Are you a runner who fancies upping your game, training and rising to the challenge of a 13-mile run to raise much needed funds for the Centre?



If you'd like to take part in this run by the sea on Sunday 26 February or you know someone who might be up for the challenge, [please register your interest](#). Whatever you manage to raise through sponsorship will be most gratefully received – and will contribute to the ongoing work of the Centre.

Please email events@mssussex.com or speak to Ali by ringing [01273 594 484](tel:01273594484) or in person at the Centre.



... Or Do You Fancy Trialing a Trail Run?

Help raise money for the Centre by taking part in a unique trail run in the stunning setting of Brighton's Stanmer Park Estate and South Downs National Park on Sunday 11th June 2023!



Discover rolling hills, chalky trails and enchanting Sussex woodlands. Along the way, have peace of mind that the Brighton Trail event team are never far away, offering marshalling and support at regular check points with nutrition and hydration.

We have 5 free charity places up for grabs for runners willing to raise sponsorship for the ongoing work of the Centre.



To book your place, or to find out more, please email Ali at events@mssussex.com, by ringing 01273 594 484 or in person at the Centre.



Follow us on Twitter @MSCentreSussex

Thank You, Runners ...



We are hugely grateful to those dedicated runners, who have given so heroically of their time and stamina to raise money for the Centre over the past year. Kay Foster, Yasmin and Jack Goatcher, Shannon Lester-Murphy and Louis Edwards all ran the Brighton Half Marathon in October, while Sam Gritt (Trustee) took on the Great South Run, saying later that “it was one of those rare days when everything aligned, and I managed to get round in 78 minutes!”



... and Swimmers!

Oceans of thanks go to two stalwart swimmers! On 4th July, Tricia Clements undertook Brighton's Pier to Pier Swim, a distance of 1k between (as the name suggests) Brighton's two iconic piers. She enjoyed perfect conditions and was thrilled to complete the challenge – and to raise over £600 for the Centre.

A week later our inspirational member, Bekka Balding, took part in the Channel Relay Swim. Although completely exhausted, she was exhilarated by her epic achievement, bringing in over £2,000 in sponsorship. Amazing!



Thank You ...



On Saturday 17th September, seventeen intrepid daredevils launched themselves from a dizzying height to abseil down Portsmouth's 350-foot-high Spinnaker Tower and raise a staggering £8,000 for the Centre.



... Fearless Abseilers!

Every one of them is a hero, so our stratospheric thanks go to:

Richard Betteridge
Lynsey Clark
David Darbyshire
Ali Dunn
Sean Dunn
Jenni Johnson
Paul Johnson
Phillipa Loose
Rebecca Loose
Sonny Macleod
Hayley McCabe
Andrew McCaskill
Max Millar
Ann Parris
Mike Smith
Penny Tyas
Bianca Wolf-Lampard



Positive Mindset Training Course

Diane Stanton will be holding her Positive Mindset Training course (Mindfulness, Mindset and Relaxation Therapy) as a New Year Tonic for members live at the Centre. Focussing on creating positive change through empowered choices, the course is both a wonderful introduction and a lovely refresher to becoming more mindful, a simple practice that anyone can learn. There is no need to have an understanding of meditation to join.



Mindfulness and becoming consciously aware of thought patterns are proven to reduce stress, strengthen the immune system, increase self-esteem, regulate moods and anxiety, increase feelings of positive connection with others, improve sleep and help the body to heal faster.

Diane has been teaching in Further Education for over 25 years and first studied Mindfulness in 2013. She says, “My path to Mindfulness and meditation came from my desire to create a positive mindset whilst experiencing a life changing health condition. I wish to share this profound yet simple way of well-being with others. It has made such a difference to my own life and those I have worked with.”

Taster session: Wed 11th Jan at 2:00 pm – 3:30 pm with tea break
Course begins: Wed 18th Jan at 2:00 pm – 3:30 pm with tea break
Please note this is an eight week course rather than a drop-in class

For more information and to sign up to the taster or the eight-week course, please email info@mssussex.com or ring the Centre on 01273 594 484 to speak with EJ or Ali.



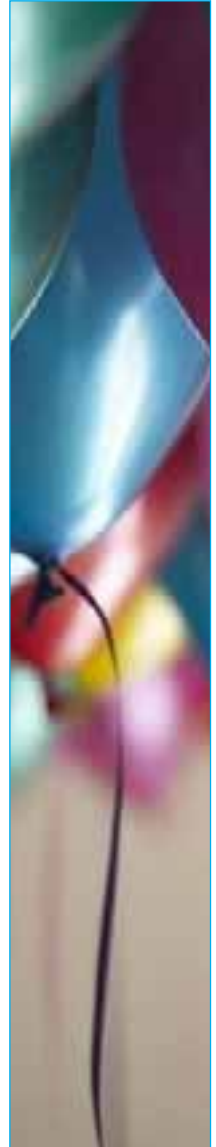
Make Your Birthday Count!

Big thanks to all of you who have already made your birthday count through Facebook's birthday fundraiser platform. And, if you've not done this already, why not help contribute to the running of the Centre by setting up a Facebook fundraiser for your next birthday?

It's both free and easy. All you need to do is follow these seven simple steps:

1. Visit www.facebook.com/fundraisers?birthday
2. Click **Select Charity** and type **Sussex MS Centre** into the search facility
3. Choose how much you would like to raise.
4. Decide when you'd like your fundraiser to end.
5. Give your fundraiser a title.
6. Explain why you are fundraising.
7. Choose a photo that you'd like to use.

And that's it! Now you can share the link with friends and family. We will receive the funds without you needing to do anything else, except tell us so we can thank you! And happy birthday!



Thank You to All Our Volunteers!

Thanks first and foremost to all who give their time each week to support the Centre to offer all our services! On 12 June we held a party to thank our volunteers for their amazing work. Member and volunteer, Jose Leon, provided beautiful guitar music throughout, and much fun was had by all. What a lovely celebration!



In March, our Social Committee reconvened for the first time after Covid. They ran four much anticipated and hugely enjoyable events. We thank Nikki Manchee so much for leading the Committee for many years and wish her all the best now she has stepped down from her responsibilities.

Special thanks go to our Trustees and to: Senior Chamber Operator, Martin Bennett, for maintaining our chamber, adapting masks and overseeing operator training; Alan Taylor, our Secretary, for carrying out operator training; Bev and Alec Duff, Kate Orchard and Colin Croucher for their work on the garden; and EJ's husband, David Stuttard, for designing this Belle.



Twosday Challenge

Tuesday 22nd February was 22/02/2022, so we set members a Twosday Challenge to raise money for the Centre.

Huge thanks to those who responded so creatively! Bill Brown and Linda Edwards (who did wordle daily for 22 days) raised £22 each, while Andy Grantham held a sponsored silence in his keep fit class for 22 minutes to raise ... shhh! ... £60!



Scaling even headier heights, Ian Richards and 12 children from his class at Boulder in Portslade climbed the wall 22 times in 2 hours, amassing an amazing £1,061.42!



Special Thanks to ...

We are very fortunate to have many supportive friends in the local community, who willingly give of their time and expertise.



Local Lions Clubs roared into action to help with our 2021 Christmas wish list – the

Burgess Hill Lions replaced many of our café chairs, and both the Rottingdean and Saltdean Lions and the Billinghamurst and Mid Sussex Lions gave us much-needed garden benches.



The kids from Southwick 1882 Youth FC helped kickstart our garden into shape directed by Kate Orchard (member and garden volunteer). Kerry Stanton (Southwick 1882 Club Secretary) spoke for all “We have



really enjoyed helping out. We’re proud to call ourselves a community club not just a football club. Here's to our next volunteering day.” It’s fingers crossed we net more help in 2023...



... Friends in the Community

In June, staff at Mott Macdonald got down to business selling raffle tickets in aid of the Centre. Meanwhile their Social Committee conjured up a spellbinding Hogwarts-themed evening at a Brighton Hotel, where EJ and members, Rachel and Richard donned their capes to represent the Centre. It all raised a wizard £1,318 and, what's more, the company gave us match funding bringing the total to £2,636.00. Magic!



Over the past four years, many of you have greatly helped by choosing us as your 'Co-op Local Cause'. Between November 2021 and October 2022 we raised just over £4,000, which will help to support Online and live classes which are invaluable to many members.

And thank you as always to the indefatigable Caroline Beebe, Maggie Mumby and Gill Talman, who in 2022 raised over £1,500 for the Centre, selling chocolate chicks and reindeers, chutneys, jams and cards!



A Member Recommends...



If you know me, you know that I love going out! I think that, living in Brighton, we have some great venues available to us, and one of my favourites is the Dome. There are a wide variety of events on but I like it best as a music venue, as I think the sound is fantastic.

If you haven't been before, they like you to register on their Access Scheme to avoid asking questions each time you book. This is easy to do over the phone, although you will need to send in some proof of your disability. The ticket office staff are very helpful.

The venue has a bar area with a lower counter for ordering from a wheelchair or scooter, although since Covid you can now pre-order drinks on your phone.



...Brighton Dome

There are two wheelchair-accessible toilets on either side of the auditorium. The one on the right-hand side is largest and easier to get into on scooters or large wheelchairs. Both are opened with a RADAR key, but there is always a steward nearby with one if you forget yours.



Regarding seating, the floor slopes upwards from the stage, so even in the back row, where most of the wheelchair spaces are located, you get a good view. There are two wheelchair spots half-way down the stalls on either side. A wheel wedge is provided to bring the front of the wheelchair or scooter up, so you don't feel like you are sliding forward on the sloping floor.

There really is something for everyone in the Dome's programme, and I would encourage you to be confident to give it a go. I could even meet you there!! Ask at reception for my contact details.

Diana Cocks

The Brighton Dome and Festival Access Scheme

- helps choose the best seats for you
- gives information about upcoming accessible performances
- ensures availability of complimentary personal assistant tickets

For more information or to join,
phone 01273 261 541, email access@brightondome.org or visit
https://brightondome.org/access/access_scheme/



Membership Changes Explained



In the past, voting members of Sussex MS Centre have been called 'Corporate Members'. At a recent meeting Trustees decided to cease using this name and instead divide membership between 'Members' and 'Associate Members'.

It is the Board's intention that those living with MS will be known as 'Members'. They will be entitled to vote at AGMs and other meetings. All others who join the Centre, be they those with other conditions or Carers, will be non-voting 'Associate Members'.

If you have MS and wish to be a member that can vote, you will need to sign the new Membership Application Form. Your application will then need to be formally approved by the Board. Please ask at reception for a Membership Application Form.

For anyone who has another condition or is a Carer there will be no practical change. If your membership subscription is up to date, you will automatically become an 'Associate Member'.

Whatever your position – whether you are a 'Member' or an 'Associate Member', please ensure that you keep your annual membership up to date! Your subscriptions are vital to the running of the Centre. We will be talking with members from January onwards about these changes and processing subscriptions.



Help Keep Our Doors Open

Our Centre is a very special place. But did you know that we receive no statutory funding?

Staying open and operating five days a week (and some evenings), paying for classes and subsidising regular activities (where required) costs £165,000 per annum.

A fraction of this comes from your annual membership subscriptions and donations with the remainder being made up through money from trusts and grant-awarding bodies, and from members' and volunteers' individual fundraising 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.

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. These forms should be returned to your bank. Alternatively, you can set up a standing order by using electronic banking.

Remember too that, if you're a UK tax payer, you can increase the amount that the Centre receives from any gift by 25% if you fill out a Gift Aid form (see page 25).



Standing Order Form

To the Manager

Name of Bank:

Address of Bank

.....

Account Name(s)

Account Number

Please pay to:

Lloyds Bank, Name of 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)

.....

.....

Please use reference: Donation/Annual Membership (please circle)

Please send this form to your bank.



Charity Gift Aid Declaration

Charity Name: Sussex MS Centre

Registered Charity Number: 801075

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 and return it to Reception:

My Details to Claim Gift Aid

Title ____ First name/initials ____ 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 for Free as You Shop

Thank you to everyone who is already supporting us for free while shopping online. We have been linked to the reward schemes below for over four years now and certainly reap the benefit. If you have yet to do so, please select the Sussex MS Centre as your chosen charity for AmazonSmile and Give As You Live.

Amazon Smile

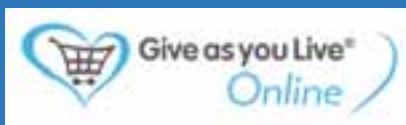
Every time you shop at **smile.amazon.co.uk**, Amazon will donate to Sussex MS Centre. Just remember to choose us as your charity when you log in to AmazonSmile!



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

Give As You Live

Give as You Live is a free and easy way to raise funds for Sussex MS Centre by shopping online. From holidays and travel to clothing and gifts – with more than 5,500 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



Celebration of Life

We offer sincere and heartfelt condolences to anyone who has lost a loved one. At difficult times, it can be a great comfort to celebrate a life lived and to remember happier days. We dedicate this page to personal and meaningful memorials of members we have lost.

If you are interested and would like to discuss memorialising your loved one in The Belle, please contact us in person, by phone on [01273 894 484](tel:01273894484) or by email at info@mssussex.com.

Nikki Manchee remembers Dom:

“Many of you will know by now that my amazing husband Dom passed away last November 2021.

“He loved the Centre, and it was a very important part of both our lives. For so many years he was there making so many people laugh and putting them at ease. He loved his Fridays with Pete, operating the chamber, taking people to the moon with Star Trek or the bottom of the sea in the yellow submarine.

“Although he was my world, the centre was his family too and he asked that he would never be forgotten and always talked about, but as he said in a goodbye video to our family, it’s au revoir for now. xx”



Bowel & Bladder : Surgeries & Clinics

From January, we will hold bladder and bowel health surgeries and advice walk-in clinics on alternate months. The surgeries will be bookable in advance at reception. They will include a bladder assessment and scan as well as advice specific to your requirements. Dates (all Wednesdays) are:

Jan 25 : health surgery : slots at 10:00, 11:00, 12.30 and 1.30

Feb 22: advice walk-in clinic : 10:00–2:00

Mar 1 : health surgery : slots at 10:00, 11:00, 12.30 and 1.30

Apr 26 : advice walk-in clinic : 10:00–2:00



Sessions will be run by Katie Heavens, a senior nurse manager of continence. She began her nursing career in the NHS in 1990, and completed training in 1998. Katie has worked at both Homerton Hospital and Basildon Hospital as a Urology Nurse Specialist providing services for patients experiencing neurogenic bladder symptoms and bladder emptying difficulties.

In 2015 Katie became a Clinical Nurse Advisor in Urology for Fittleworth Medical Ltd, and in 2019 she was appointed Clinical Lead for Continence in the South of England at Hollister. Since 2015, too, she has been working to support the Catheter Service in South Essex as well as initiating further catheter services in other areas.

Katie has worked with the British Journal of Nursing on a variety of topics including Over Active Bladder Syndrome, Percutaneous Tibial Nerve Stimulation and intermittent self-catheterization. She has published two articles in the British Journal of Nursing.



Airnergy Therapy Device for Hire

The Airnergy therapy device is a portable, compact and easy-to-operate machine for use in the home. By creating 'energised air', it helps feed every cell in your body with oxygen, which you then absorb and use more efficiently. The manufacturers recommend that you use it for at least 20 minutes three times a week – but preferably every day. Some people even use it twice daily.

Most people who benefit from the device live with MS or suffer from insomnia. They report increased energy, reduced fatigue and decreased brain fog. It is especially useful to those who are unable to travel for Oxygen Therapy at the Centre.



Members who have used it say:

'I had the best nights sleep every time I used it, I felt completely relaxed after using it and slept amazingly well. I'd recommend it to all those living with MS.' (Neil Slater)

'I used the Airenergy machine almost daily for several months during the pandemic. I have secondary progressive MS and formerly had oxygen once a week, so I was concerned when we were not able to attend the Centre. I found that the Airenergy machine "kept me on the straight and narrow." Although I didn't specifically experience noticeable positive changes, I feel that it helped me to stay well at that time. For this I'm very grateful.' (Ali Cardosi)

To discuss hiring an Airnergy device from us please talk to EJ or Ali.



High Dosage Oxygen Therapy

We are back at our pre-Covid capacity of five people in the chamber. So, as it is winter and the UK is experiencing rising Covid numbers, to help reduce the risk of infection we recommend using our tried and tested protocols for entering and leaving the chamber. Please note that we continue to sanitise pipes and seating between each session.

1. When the operator is ready for your session, put on your oxygen mask.
2. When invited, enter the chamber, be seated and connect up your hoses (ask for help if needed).
3. The next person may enter once you have secured your hoses in place (to help reduce any possible infection spread).
4. Check you are able to breathe well before the session begins.

To exit the chamber this process should be reversed, i.e. the first person to enter should remove their hoses and leave; once the first person has left, the second person should do the same, and so on.

To help sessions run smoothly, please:

- try to arrive 10-15 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.
- remember not to take any prohibited items into the chamber.



Our Cafe and Food, Glorious Food

You may not know that our self-help cafe is fully up and running again. So if you're at the Centre do help yourself to a cuppa or a light lunch of soup and a roll, or a baked potato and fillings.

All we ask is that you make a donation whenever you can, as without your help the cafe cannot keep running. Please pay at reception for what you've taken. If you don't carry cash, we do have a card machine! Suggested donations are between £1 and £2 for coffee and biscuits (including gluten free) and £3 to £5 for lunch. Of course, if you really can't donate, that's absolutely fine. But please do contribute whenever you can.

West Sussex County Council is working in partnership with UKHarvest (Patron: Her Majesty, The Queen Consort), a food rescue charity, to reduce food waste and provide access to affordable food using rescued produce.

Simply take a shopping bag to one of their hubs and fill it from a selection of mixed groceries (suggested donation of £3.50).



Volunteers are on hand until March to help you make the most of your weekly shop, sharing recipes, healthy options, and tips on how to reduce your food waste.

Hubs open from 10:00 am to 11:00 am at **Bognor Youth and Community Centre** (1st Wednesday of the month), **Southwick Community Centre** (2nd Wednesday of the month) and **Broadfield Community Centre** (3rd Wednesday of the month). For more information visit westsussex.gov.uk/ukharvest



MS Specialist Nurses

Brighton	Stephanie Verry stephanie.erry@nhs.net or Nadia Abdo n.abdo@nhs.net	01273 265887
Worthing, Littlehampton to Southwick	Julie Green julie.green11@nhs.net or Nicky Davis tr.msteamworthing@nhs.net	01903 858178
Eastbourne, Seaford & Hailsham	Michelle Black michelle.black@nhs.net or Nadine Jamieson nadinejamieson@nhs.net	01323 514809 07773 199204
Chichester & Bognor	Katrina Orchard katrina.orchard@nhs.net or Claire Cook clairecook2@nhs.net	07768 145978
Horsham, Crawley & Chactonbury	Nadine Morley nadine.morley@nhs.net	01403 620446
Uckfield	Mary-Anne Horsfall Mary-anne.horsfall@nhs.net and Emily Ford Emily.ford1@nhs.net	01825 721527
Bexhill, Hastings & Rother	Holly Boyce holly.boyce@nhs.net Michelle Black michelle.black5@nhs.net	01424 755255
Mid Sussex & Crawley	Kelly Hill sc-tr.msnursemidssussex@nhs.net	01444 419532



Data Message from Benefits Team

As you may know, our Benefits Team no longer provides advice to Centre members. They have this important message for any member who accessed the service in the past:

‘Most of the files we hold on members on our network contain personal information and they are regulated by the Data Protection Act. This states that ‘personal data may only be kept in a form that permits identification of the individual for no longer than is necessary for the purposes for which it was processed’.

‘We need to delete these files now as are no longer working with you. We are happy to email you with copies of everything we hold on your benefits file. You can then keep these documents safely yourselves. Once we have sent the documents to you, we will delete the folder that contained them. **After the 31st January 2023 we will delete any files that have not been requested.**

‘What you need to do: If you would like a copy of your documents, please email lin.benefits@mssussex.com with the words “Request for benefits documents” in the email title. Lin and the team will then send you your copies as quickly as they can.’

For help with benefits in the future please contact Possability People in Brighton. Chris Marks-Billson is leading on a contract provided by the MS Society to help those with MS access the benefits they are entitled to.

Email: ms@possabilitypeople.org.uk

Telephone: 01273 894 040

Possability People support people living in the following post-codes: BN1, 2, 3, 5, 11, 12, 13, 14, 15, 16, 41, 42, 43 and RH20.



MS-UK Counselling

MS-UK Counselling is the only specialist MS counselling service in the UK. It is available for anyone with a diagnosis of MS, who lives in the UK and wants to talk to a counsellor about issues related to their MS such as



- Impact of a relapse
- Coming to terms with your MS diagnosis
- Impact of your MS progressing
- Relationships with friends, family and colleagues.

You can register for an assessment, and if suitable for the service this will be followed up by six counselling sessions. Alternatively, you can register for a one-off 90-minute single session therapy.

Your health professional can also make the referral on your behalf with your consent. All sessions are online either on the telephone or via video call.

‘This has been an amazing experience for me. My counsellor was amazing and has changed my whole outlook on life. I feel more focused and calm which has helped me exercise more and help with my MS.’

All you need to do is complete one of the forms on the MS UK website. Visit www.ms-uk.org/counselling to find out more.

All MS UK counsellors are members of the British Association for Counselling and Psychotherapy (BACP). The team is made up of qualified staff, volunteers and students.



Contacting MS-UK Counselling

There are several ways to get in touch with the MS-UK helpline, which is open 10am to 4pm, Monday to Friday:

Freephone **0800 783 0518**

Email info@ms-uk.org

Live web chat www.ms-uk.org/livewebchat



There is no fixed fee for MS-UK Counselling sessions. However, any contributions towards your sessions will help MS-UK to continue to offer the service in the long term. They suggest a minimum donation of £5 per session.

'It was the first time a therapist has actually understood me from an MS perspective. They listened and provided help and tips that were relevant to my circumstances.'

You can donate a one-off gift of £5, £10 or £20. Text MSUK5 to 70456 to donate £5. Text MSUK10 to donate £10. Text MSUK20 to donate £20. You will be charged £5, £10 or £20 by your network provider plus one message at your standard rate.



Your Centre Needs Trustees!

In early November we celebrated Trustees' Week, highlighting the time and effort that our Trustees put in to help ensure that the Centre continues to thrive.



The six essential duties of a Trustee.

Given the challenges of the last few years, we are especially thankful for the difference the team has made to help enable the Centre to continue not only to operate but to grow and achieve many of our goals during difficult circumstances.

We are fortunate to have a really dedicated team of Trustees, but we're always looking for that 'special someone', who is enthusiastic and driven and who might have vital expertise that could help us achieve even greater success.

Being a Trustee can be a very rewarding experience. If you're interested, we'd love to talk to you. You can either contact Alison Clough (who is herself one of our Trustees) on a.clough@mssussex.com or ring 01273 594 484 and ask to speak with EJ the manager.



Your Centre Needs Volunteers!

Collection boxes remain a great way to raise money to help the work of the Centre. But we desperately need authorised volunteers to drop off and pick up these boxes – especially in:



- Findon
- Durrington
- Goring
- Worthing Central
- Worthing Tarring
- Lancing
- Shoreham
- Southwick
- Portslade

How it works: we simply let you know that a box needs to be picked up and give you a new one to leave in its place. You then bring the full collection box for us to count and bank.

Also, if you can't do this but you know of any shops, pubs or cafés that might accept a box, please let us know. Many outlets such as fish and chip shops and take aways do still use cash!

We also need volunteers for our garden and Social Committee...



Building a Library



In Autumn 2021, we were delighted to learn that *Argus* readers had nominated the Centre to be one of eight charities chosen for their annual 'Cash for Charities' programme in association with the Gannett Foundation, where monies were distributed according to the number of tokens which readers collected for us.

Thanks to the money we received we have been able to make considerable advances with our library project, investing in many books about MS and related topics of interest. We have also renewed our music collection for use at social events and classes such as Keep Fit.

So, a very big thanks to everyone who contributed to this by collecting vouchers!

Please ask at reception to browse or borrow books from the library using the borrowing book.



Southern Rail Assisted Travel

There are several ways to book Passenger Assist with Southern Rail.

One is to fill in their assisted travel booking form online at <https://www.southernrailway.com/travel-information/travel-help/assisted-travel/book-assistance-for-your-journey>



Alternatively, you can call on 0800 138 1016 (your information may be recorded) or textphone 0800 138 1018. The assisted travel helpline is open 24 hours a day, except on Christmas Day.

If you're booking a journey for the first time in a while and would like to talk it through, call Southern Rail's Assisted Travel Team.

They can tell you about your nearest station with step-free access and give information about ramps and lifts. They can also arrange help both at stations and on trains, as well as providing train times and travel information.

Southern can help with bookings involving travel on other train operators too, but, should you wish to contact other operators directly, contact details are available at <https://www.nationalrail.co.uk/contact-train-operators.aspx>

You can also request assistance through Passenger Assistance by Transreport – a new smartphone app. Download it from Google Play (Android) and the Apple App Store (Apple).



Meet Our Therapists

We have a great team of therapists offering anything from Acupuncture to Shiatsu. You may already know some of them, but we thought you might like to meet others. A full timetable can be found on p. 47. Bookings must be made through reception.

Remember if you cancel less than 24 hours in advance, your therapist will still need to be paid (except in exceptional circumstances). Therapists work at the Centre on an almost voluntary basis. Their prices are not subsidised by the Centre. So, if your slot cannot be taken by another member, not only does your therapist lose out but a valuable appointment is wasted.

If you would like to see our in-house counsellor, Lynne Shepherdson, please speak with a member EJ, Ali or Helen.

Acupuncture with Evette Ford

Tuesdays and Thursdays | 9.30 am – 3.00 pm



Part of the traditional Chinese system of medicine, Acupuncture is a holistic form of therapy, which treats the body as primarily an energetic organism. Acupuncture has the potential to manage some symptoms of MS and improve levels of wellbeing and quality of life. Many people find it brings benefit.

Evette has a BSc in Oriental Medicine and Acupuncture from the International College of Oriental Medicine in East Grinstead. Her journey as an acupuncturist has taken her on multiple projects around the world. She has specialised training in the NADA protocol, a form of ear acupuncture used in treatment for trauma, addiction, anxiety and depression.



Meet Our Therapists

Advanced Clinical Massage with Jenny Hyde

Wednesdays | 10.00 am – 3.00 pm



Advanced clinical massage is a highly effective form of massage that specialises in the treatment of chronic pain. Jenny uses a variety of techniques including myofascial release, trigger point therapy, acupressure, stretching and teaching self-care exercises to do at home.

Jenny's aim is to relieve pain, improve movement, provide relaxation and relieve stress. She has been a massage therapist for over 20 years. For a members feedback about Jenny, see p. 6.

Advanced Clinical Massage with Lisa Mason

Tuesdays | 10.00 am – 3.00 pm



Lisa has worked for more than 10 years as a qualified professional remedial therapist offering massage and reflexology with great results. Her sessions benefit people with chronic health conditions, chronic pain and mobility issues, as well as those who like deep bodywork to relieve tension and still the mind.

She says, "I love helping others to feel more comfortable in their bodies by providing bodywork that works by assisting movement and balance in the physical and energetic body, and by facilitating the intelligence of the body to heal itself."



Meet Our Therapists

Beauty Therapies with Sarah Brisley

Fridays | 9.30 am – 2.00 pm



Sarah is trained in Aromatherapy, Hopi Ear Candling, Indian Head Massage, Reflexology (hand and foot) and Swedish Massage as part of a Holistic Therapies Diploma. When away from the Centre she runs her mobile beauty & therapy business.

The therapies she offers are Facials, Manicures, Pedicures, Lash & Brow Tint (subject to patch test), Brow Shaping, Aromatherapy Massage, Reflexology and Indian Head Massage.

Foot Health with Julia Johnson

Mondays every six weeks | 9.30 am – 2.45 pm



Julia provides routine foot care and maintenance for your feet. This can be anything from routine nail cutting or more specific foot concerns such as corns, calluses, fungal nails/thickened nails or bunions, which may appear as something small and insignificant but can pose great difficulties with footwear and many daily activities.

The service offered is to ensure your feet are healthy and in the best possible condition, whatever your age. As an FHP Julia is qualified to work with additional problems such as diabetes and circulatory problems.



Meet Our Therapists

Manual Lymph Drainage Massage with Sandra Laxton

Mondays | 10.00 am – 3.00 pm



Manual Lymph Drainage Massage (MLD) is a gentle treatment, which encourages the flow of the lymph. It is very helpful for people with lymphodema, (swelling) in the body tissues, encouraging the flow of lymph from body tissues back into the main blood circulation thereby enabling waste products to be eliminated in the normal way.

Sandra was a registered nurse for 18 years working in acute medicine. She qualified 25 years ago as a massage therapist.

Osteopathy with Virginia Keefe

Fridays | 12.30 pm – 4.00 pm



Osteopathy is a way of detecting and treating damaged parts of the body and assessing their inter-relationship. To function efficiently with minimum wear, stress and energy, osteopaths use manual techniques to assist the body in achieving a balance. As well as aiding treatment of spinal problems, osteopathy is effective in treating mechanical problems.

Virginia Keefe gained a Bachelor of Science in Osteopathy at the BSO. She adopts a holistic approach to her treatments utilising her knowledge of Qi (energy) in optimising patients' health.



Meet Our Therapists

Reflexology with Sonia Campos

Thursdays | 10.45 am – 4.00 pm



Reflexology works on the whole body through zones on the feet, melting away accumulated tension and stiffness. Originally from Brazil, Sonia moved to England in 1980 to do a PhD in biomedical engineering and qualified in Indian Head Massage in 2000.

Shiatsu with Al Renton

Thursdays | 10.00 am – 2.00 pm



Shiatsu is a non-invasive therapy from Japan that uses a combination of kneading, pressing, tapping and stretching techniques. Treatment is given through clothing, and mostly takes place on a futon on the floor. Other arrangements can be made. Al has been practising as a Shiatsu practitioner since 2013.

Shiatsu with Amanda Radford

Fridays | 9.30 am – 1.00 pm



Amanda qualified as a Shiatsu practitioner in 2003 from the Nevermind School of Shiatsu in Derby. She is keen to offer Shiatsu to both Centre members and their carers, who can access therapies while members attend another therapy or class so that an opportunity isn't wasted!



Meet Our Physiotherapists

Physiotherapy with Viola Santa

Fridays | 10.00 am – 4.30 pm



Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability. It can also help to reduce risk of injury or illness in the future.

Before coming to the MS Centre Viola worked as a physiotherapist in the NHS and for several years at a respite care centre for people with MS. Over time she had the opportunity to work with a great number of people living with MS and appreciates the wide variety of symptoms and levels of mobility that people have.

Physiotherapy with Diane Rees

Tuesdays | 12.00 pm – 4.00 pm



Diane has been working as a physiotherapist at the MS Centre for over 20 years. She trained at Guys Hospital and before that in different settings in London, Australia and Hong Kong. Currently she is self-employed in both Physiotherapy and Shiatsu. Both practices work together well.

The full timetable of all our therapies can be found on page 49 of this edition of The Belle.



Online Classes

We are happy to offer a few online classes. Often these are useful for those who have no transport or simply can't get to the Centre due to time constraints. To attend, please sign up by smartphone, computer or tablet to the free app, Zoom.

Please note that you do **not** need to attend every week – and when you do attend, you must do only what is comfortable and safe for you. Please speak with your class leader if you have any concerns. All classes remain free, but we welcome donations of £5 or more to help keep this offer up and running.

Day	Time	Class
Tues	11.00 am (from 10/01/23)	Chair Yoga for Every Body: Louise Windsor. To join, go each time to https://tinyurl.com/mr4ykj2a Meeting ID: 827 5894 9748 Passcode: 279914
	12.30 pm (from 10/01/23)	Seated Physio Exercise: Viola Santa. To join, go each time to https://tinyurl.com/mprnwwyt then type password: exercise
Fri	3.00 pm (from 06/01/23)	Pilates: Miki Floyd. To join, go each time to https://tinyurl.com/yc5ts3yz There is no password



Classes and Therapies Timetable

All individual therapies can be booked at reception or by phone. Payment is made directly in cash or by BACS transfer to therapists, all of whom are self-employed.

All classes must be booked in advance. They are not drop-in.

Classes are free, but we welcome donations of £5 or more.

Mon	Foot Health (chiropractic)	Julia	9.00am–2.00pm (every 6 weeks)
	Pilates	James	10.00am–11.00am
	Music and Sound Therapy	Rosanna	12.15pm–1.15pm
Tue	Acupuncture	Evette	9.30am–2.00pm
	Massage and Reflexology	Lisa	10.30am–2.30pm
	Keep Fit	Lynne	9.15am–10.15am
	Keep Fit	Lynne	10.30am–11.30am
	Physiotherapy	Diane	12.00pm–3.30pm
Wed	Massage	Jenny	10.00am–3.00pm
	Mat Yoga	Louise	10.30am–11.30am
Thur	Pilates	Kay	10.15am–11.15am
	Shiatsu	Al	10.30am–2.30pm
	Chair Yoga	Louise	11.45am–12.45pm
	Reflexology	Sonia	10.45am–4.15pm
	Keep Fit	Lynne	1.30pm–2.30pm
	Chair Aerobics	Lynne	2.30pm–3.30pm
Fri	Shiatsu	Amanda	9.00am–2.00pm
	Beauty Therapy & Massage	Sarah	9.15am–12.15pm
	Physiotherapy	Viola	10.00am–4.30pm
	Physio Exercise Class	Viola	1.00pm–2.00pm
	Osteopathy	Virginia	12.30pm–4.00pm



SOUTHWICK RECREATION GROUND

CROFT AVENUE BN42 4AB

JULY 8TH 1-5PM

SUMMER FEST

**CHILDRENS RIDES
TALENT SHOW
DOG SHOW
LIVE MUSIC
HOT AND COLD FOOD**

**BEER TENT
CAKE AND ICE CREAM
TOMBOLA
RAFFLE
STALLS**



Fundraising for Sussex MS Centre



**Please email events@mssussex.com if
you would like to have a stall at this event.**