

# Retford District Support Group

Welcome to the Christmas 2021 and New Year 2022 edition of your group Newsletter. We hope you are all well and will be able to spend at least some of the festive holiday enjoying the company of family and friends.



Christmas has come very early this year for the group. We were involved in Retford's week of celebrations helping to welcome in the season of goodwill at three locations in the town.



Judging on the generosity and the enthusiasm of people who attended the **Christmas Market and Christmas Tree and Star Festivals**, there is certainly a lot of goodwill about this year which will hopefully carry on over into the new year and beyond.

We thank **St Swithun's Church, The Grove Methodist Church, Retford Business Forum and Retford Town Hall** for their hospitality, allowing us to promote the group by means of our tree and star and the opportunity to sell copies of our community cookbook. A big thank you goes out to member **Charlie Curr**, who never fails to come up with new attractions for the tree and for the first time this year a Christmas star.



Sales of the book went well in the Council Chamber at the town hall and quite a few gift bagged copies will be traveling on Santa's sleigh for delivery on Christmas morning. Time is now running out for books needed in time for Christmas and if you wish to purchase, get in touch with **Barbara** [retford@mssociety.org.uk](mailto:retford@mssociety.org.uk) tel 01777 860674.

Thanks also to members Jayne and Andy Westerby, Tricia Richardson and Angie and Brian Dalton who came and helped man the Community Cookbook Stall in the Town Hall during the Christmas Market on what was a very long cold day but well worth the effort.

## Festive Meal

The next Christmas event is the Group's Festive Meal at The Olde Bell on Saturday 11th December. Full payment for the meal is required by Friday 3rd December. Payments by cheque need to be sent to **Carole Mercer** addressed to:



Retford MS Society or by bank transfer to: The Multiple Sclerosis Society Retford Branch  
30 White Avenue, Langold Sort Code 20-82-91  
Worksop, S81 9PS Account Number 73112330

## Staying Warm

At December's Coffee and Cake Morning we welcomed Lisa Hammond who is the Energy Team Coordinator from Bassetlaw Citizens Advice.

Lisa and her colleagues are able to give advice and help with your energy bills, advice on suppliers and tariffs - support you to access schemes such as priority service register and a warm home - discount with savings of up to £140 a year off your bill - resolving complaints and problems with energy providers managing energy debts - applying for grants/funding towards energy improvements in the home - energy efficiency advice including tips and tricks.

If you didn't make the morning and wish to know more call Lisa on **01909 498892** or email [energy@bassetlawca.org.uk](mailto:energy@bassetlawca.org.uk)

In keeping with Christmas and the season of goodwill, chocolate cake and mince pies were waiting for all at the Coffee and Cake Morning, did you get there early before they were all gone!

## Hyperbaric Therapy

A taster session for hyperbaric therapy also known as oxygen therapy has been arranged for Thursday 20th January. If you are interested in trying, please call the group helpline 01777 860674 or if you wish to know more about the therapy please contact Sarah Todd on 01777 861462.

## Activity Taster Sessions

We are now in a position to offer more taster sessions of therapeutic activities for members. Earlier this year, thanks to Bassetlaw District Council Urban Sports, members were able to enjoy a morning of clay pigeon shooting and archery.

More ideas of what members are interested in doing (legal and within reason) are needed.

Members are encouraged to get in touch with the group helpline **01777 860674** or **retford@mssociety.org.uk** with details of an activity and costs and we'll get back to you. The group in line with MS Society Health and Safety will assess each activity, but it is a members responsibility to judge if the activity is suitable, beneficial and safe for them to take part.

Disclaimer forms to verify this will need to be completed.

We look forward to hearing from you and new ideas explored.

## Activities on Zoom over the Christmas Period

Breath Awareness will finish on 6th December

The last Swim /Aqua Exercise of the year will be on the 21st December

Tai Chi will continue until the 22nd December

Pilates will finish on 16th December

Our last Dance will take place on 7th December

The Group Quizzes - Men Only - Coffee and Chat sessions will continue over the Christmas period.

## Activities in the New Year 2022

**Coffee and Cake Morning** - Friday 7th January 10:30am -12pm at The Well, Hospital Road, Retford DN22 7BD

**Hyperbaric Therapy Taster Session** - Thursday 20th January by appointment only.

## Health and Wellbeing Opportunities

**Breath Awareness** on zoom each Monday to recommence on 10th January contact [sian64@outlook.com](mailto:sian64@outlook.com)

**Swimming/Aqua Exercise** Retford Leisure Centre each Tuesday to and will recommence 4th January contact [retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)

**Seated Tai Chi** on Zoom each Wednesday to recommence 5th January contact [s.bradley2460@aol.com](mailto:s.bradley2460@aol.com)

**Neuro Pilates** on Zoom or face to face each Thursday to recommence 6th January contact [clinic@phsiopilatesretford.co.uk](mailto:clinic@phsiopilatesretford.co.uk)

**Seated Dance** on Zoom each Friday to recommence 7th January contact [retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)

## Social Activities on Zoom

Mondays **Quiz** 11am

Wednesdays **Coffee and Chat** 2pm

Wednesdays **Men Only** 3:30pm

Fridays **Quiz** 11am

For details on all these activities contact **retford@mssociety.org.uk**

## **Come Fly With Me**

Members who paid to do just that back in 2020, will soon be contacted with details of our 3rd attempt to do so at **iFly Manchester**. This will be in April 2022 (COVID allowing). It is still possible to book a place if you are interested. A coach from Retford to Manchester is already booked for participants and spectators on the day.

Get in touch if you are interested in going. 01777 860674 after 9th January.

## **Useful numbers over the Christmas & New Year Period**

Please note the group helpline will not be available from 9th December to 9th January. If you require assistance relating to the group or on a MS related matter during this period please contact the MS Society Helpline or [supportercare@mssociety.org.uk](mailto:supportercare@mssociety.org.uk)

## **Showing our Gratitude**

During the past year and struggles with COVID regulations, our lead and member volunteers have worked hard to provide social events and therapies for the group. We compiled quizzes to improve and maintain our mental wellbeing, have fundraised in phenomenal ways so we can continue to provide therapies. We have published a book together, and supported each other through some very tough times we have had to share. The group as a whole has welcomed new faces and referrals from health professionals leading to a rise in membership.

Unfortunately, like the same time last year COVID has raised its ugly head again and we seem to be facing yet another New Year of uncertainty. We are so blessed with a group that through thick and thin stays together and achieves great things, and we know next year and the year after that will be no different.

Thank you, each and everyone of you for your time, camaraderie and at times when things appeared messy, and your sense of humour.

We hope over the Christmas period you will be able to indulge yourselves in a well earned rest ready for 2022.

***Merry Christmas Everyone and a Happy, Healthy New Year.***

*There is no shame in asking for help or will you be judged by those who answer your call.*

NHS Point of Referral for Neuro nurse, Physios, Rehab OT, and other community NHS services	01777 274422
Muddy Fork (mental wellbeing)	07421 356 719
MS Society Helpline	0800 800 8000
Debt Advice and Counselling	0800 689 9033
Bassetlaw Volunteer Car Scheme	01777 709 650



### **Group Coordinating Team**

**Barbara Group - Coordinator & external communications, volunteers**

Coordinating team member - [Barbara.Ramsden@groups.mssociety.org.uk](mailto:Barbara.Ramsden@groups.mssociety.org.uk)

**Carole - Finance volunteer**

Coordinating team member - [Carole.Mercer@groups.mssociety.org.uk](mailto:Carole.Mercer@groups.mssociety.org.uk)

**Adrian - Communications volunteer, website and newsletter editor**

Coordinating team member - [Adrian.Argent-Cook@groups.mssociety.org.uk](mailto:Adrian.Argent-Cook@groups.mssociety.org.uk)

**Andrew - Health and safety volunteer**

[Andrew.Westerby@groups.mssociety.org.uk](mailto:Andrew.Westerby@groups.mssociety.org.uk)

Any information on external organisations or service providers, is provided for information and we are not able to offer guarantees on the quality or safety of their services or products, or whether they are suitable for the individual's needs. We take no responsibility for any errors or omissions in this information.

#### **Data Protection**

MS Society Privacy Notice The MS Society as an organisation promise to respect the personal information you provide to us. We don't want to use it in a way that you won't expect, so this privacy notice explains how we protect your privacy and how you can control how we use your personal information. Further information can be found by following the link below:

<https://www.mssociety.org.uk/footer-pages/privacy#>