

# Retford District Support Group

Welcome to the February 2022 edition of your group newsletter. We hope you are all well and members who have been unfortunate to test positive for COVID (we know many of you have) we hope you are now fully recovered with no ongoing consequences.



We seem to be slowly, but surely, coming out of COVID restrictions and hopefully this year we will be able to hold full group social activities and events with no restrictions in place. We are so looking forward to this happening and are working towards a full programme for the year.

## Counting the Pennies

There is a lot of concern surrounding the rising costs of electricity and gas bills which will be affecting us all shortly.

To help with this Lisa Hammond who is the Energy Team Coordinator for Bassetlaw Citizens Advice, will be joining us for coffee at this month's coffee and cake morning on Friday 4th February.



Lisa and her team advise on domestic energy suppliers and tariffs, offer support to access schemes such as the Priority Service Register, Warm Front Discounts, resolve complaints and problems with energy providers, help you manage gas and electricity debts and how to apply for a grant or funding towards energy improvements in your home. Lisa will also be sharing energy efficiency advice, including tips and tricks.

To learn more and take advantage of the information given, please come along and meet Lisa.

We look forward to seeing you there.

## Starting the New Year with an Adventure

Last month several members visited the Oxify Centre in Retford for a taster session in Hyperbaric Oxygen Therapy. This therapy involves breathing pure oxygen in a pressurised environment.



There is no scientific evidence it is beneficial for people with neurological disorders, yet it has become an established treatment for symptoms of MS, resulting in some people finding an improvement in fatigue, thought processing, pain relief and bladder control. It is available at most MS Therapy Centres up and down the country.



## Here are the accounts of the experience from 2 of our members who took part in the taster session.



*"I didn't really know what to expect, the outside approach is a bit grotty Industrial building first left off Randall Road then immediately left into the car park but inside is lovely.*

*All told it took nearly an hour, but that included doing the consent form and this is what to expect...*

*You wear an oxygen mask and then go into the chamber, rather like a MRI scanner but bigger. You can sit up and read if you wish to. The chamber is shut at the foot end, and there is room for you to move around to change position, stretch etc not like an MRI where you have to lay still and very confined.*

*It's a bit like a small aeroplane body with portholes down both sides, the operative Sarah, is outside all of the time and talks to you, you can see her through the fabric skin.*

*The pressure is increased then reduced slowly though you are not aware of it, Sarah tells you what is happening all the time, you feel nothing at all. There is a panic button inside just in case. Can't say I felt any different afterwards, though later in the day I did feel more alert and I certainly did have a good nights sleep. I did ask a few questions and found that to begin with it is recommended you have the treatment every other day for a fortnight to gradually increase you oxygen levels and then once a week to maintain the benefits. I am tempted and am giving it some thought to continue."*

*"The Oxygen trial was a good experience. I don't think I had any benefit from just doing the trial, but if I go back to have more treatment I hope to get relief and some benefits from all the pain and other ailments that I have with MS and Osteoporosis.*

*It was a strange feeling, but a good experience with not knowing or having it before or what to expect. I think I will give it another go."*

If you are interested in a taster session for **Hyperbaric Oxygen Therapy** please get in touch with Sarah 01777 861462



### New Ideas and Let's Get Active

The group is always on the lookout for new therapy and activities that will enhance the lives of people with MS.

If you have any suggestions, please let us know where they can be found and the costs.

The MS Society has been in touch with new ideas on how to become more active and have produced a brand new series of physical activity videos made into a DVD called Make Your move - and they are completely free!



Make Your Move is aimed at people with long term health conditions, who may experience symptoms such as pain, fatigue, stiffness and low moods.

The purpose of the videos is to motivate and support people to be active in a way that works for them using simple and varied activities that are designed to improve strength, balance, coordination, energy and stamina, as well as relieve stress.

Included, there are six different activity sessions, each around 15 minutes long with opportunities to pause and take breaks throughout. Developed by experienced instructors, the videos offer three different ways of doing the exercises - from a chair, assisted and standing.

The sessions are:



Dance with Anne  
Energy with Alex  
Balance with Sandra  
Strength with Alex  
Boxing with Michelle  
Mindfulness with Sandra



The free DVDs are available from the MS online shop and we are happy to apply for them on your behalf. Get in touch 01777 860 674.

They are also available on  **YouTube** we are undefeatable

## Retford Group Related Exercise Activities

Members are continuing to participate in Breath Awareness provided by Bassetlaw Active Communities.

We have an arrangement with RLC so Swimming/Aqua Exercise specifically for the Retford group members who can no longer cope with mainstream swimming can take place.

Seated Tai Chi and Seated Dance are provided by the group and Neuro Physio Pilates is open to members by arrangement with Jo Prichard of Retford Pilates Clinic.

## Social Activities

Twice weekly quiz sessions, coffee and chat afternoons and men only sessions are still available on zoom.

## Coffee Cake and Chat

This will be taking place on the Morning of Friday 4th February from 10:30am to 12pm at The Well, Hospital Road, Retford DN22 7BD

Telephone 01777 860 674 for further details

Activities in **person** and on **zoom** open to members and people with MS referred to the group by Bassetlaw Neuro Team.

Unless indicated, please contact [retford@mssociety.org.uk](mailto:retford@mssociety.org.uk) for the links.

Mondays	Group Quiz on <b>zoom</b> 11am Breath Awareness on <b>zoom</b> 1-30pm	<a href="mailto:retford@mssociety.org.uk">retford@mssociety.org.uk</a> <a href="mailto:sitara64@outlook.com">sitara64@outlook.com</a> tel 01777 860 674
Tuesdays	Aqua Exercise and Swim in <b>person</b> 11am	<a href="mailto:sbradley2460@aol.com">sbradley2460@aol.com</a>
Wednesdays	Seated Tai Chi on <b>zoom</b> 10am Coffee & Chat on <b>zoom</b> 2pm Men Only on <b>zoom</b> 3:30pm	<a href="mailto:retford@mssociety.org.uk">retford@mssociety.org.uk</a> <a href="mailto:retford@mssociety.org.uk">retford@mssociety.org.uk</a> tel 0754394438
Thursdays	Neuro Pilates in <b>person</b> or <b>zoom</b> 2pm	<a href="mailto:retford@mssociety.org.uk">retford@mssociety.org.uk</a>
Fridays	Group Quiz on <b>zoom</b> 11am Seated Dance (Boogie Time) on <b>zoom</b> 2pm	<a href="mailto:retford@mssociety.org.uk">retford@mssociety.org.uk</a> <a href="mailto:retford@mssociety.org.uk">retford@mssociety.org.uk</a>

## Useful Numbers

Life with MS can become daunting and talking to family and friends about it isn't always ideal or possible.

The MS Society has trained counsellors who are able to help, contact

[supportercare@mssociety.org.uk](mailto:supportercare@mssociety.org.uk) or tel the MS Helpline **0800 800 8000**

***There is no shame whatsoever in asking for help, nor will you be judged by who answers your call***

## Local Helplines

NHS Point of Referral (Neuro Nurse, Physio and OT)	01777 274 428
NHS Advice	111
Muddy Fork (Mental Wellbeing)	07421 356 717
Debt Advice and Counselling	0800 689 9033
Bassetlaw Food Bank	01909 533 533
Bassetlaw Car Scheme	01777 709 650
Domestic Violence Helpline	0808 200 0247 (female) 0800 801 0325 (male)
Citizens Advice Bureau	0800 456 83 69
Universal Credit Helpline	0800 328 56 44
Bassetlaw Action Centre (help claiming benefits/completing forms)	01777 709650
Retford Group Helpline for enquiries	01777 860 674

### 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)

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