



# Retford District Support Group



**Welcome to the March 2022 edition of your group newsletter, we hope you are all well.**

Life is getting back to normal now thank goodness, and the group is becoming extremely busy again. Lots being planned for the year ahead and we hope we'll be able to tempt everyone to get involved.

## Just for fun!

After a patient wait of 2 years, the group outing to **iFly Manchester** is finally going to happen. The coach is booked, our flyers are ready and spectators are very welcome, there is also a shopping experience available too. For those among us who haven't a clue what we are talking about, this is what is happening on Saturday 9th April...



Fifteen people connected to the Retford group, the majority being members with MS, are going indoor skydiving. We are hoping many of you will want to come and see this happening, none of them have done anything like this before and moral support will be welcome. There is plenty of room on the coach, so transport will not be a problem.

For those who would prefer not to watch, the coach will drop you off at the famous Trafford Centre where you will be able to browse the shops and attractions for a couple of hours. Light refreshments are available at iFLY and the Trafford Centre. After the event and once back in Retford, an optional meal together at a local pub is being planned.

The coach has a tailgate for easy access. Manual wheelchairs, walkers etc can be stored in the coach hold. If you wish to bring a portable scooter, the make and model is required to make sure it is suitable to fit in the side lockers. Please contact Kristy Wharmby on **01909 720 337** or [Kristy@johnsonstours.co.uk](mailto:Kristy@johnsonstours.co.uk) asap to check this out. Spaces for static wheelchairs inside the coach have already been taken. As always, you will need to bring someone with you if you need assistance.

We must all be at Ranby House School for 8-30am, so we can guarantee our skydivers will be in good time for their flight. If we are late we will miss our slot and our fearless fifteen will not be able to fly.

If you would like to come, or join us for a meal on our return, please get in touch with **Barbara** asap for further details. **01777 860 674** or [retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)

## Another Adventure on the Horizon...

Several members have now tried **Hyperbaric Oxygen Therapy** and so far so good. Despite the controversy about the therapy having no scientific proven benefits, anecdotal reports from people with MS say differently, claiming it has improved their fatigue, mood and bladder problems. MS Therapy Centres offer **Hyperbaric Oxygen Therapy** are country wide. Two such centres can be found in Rotherham and Lincoln.



Retford members have been given the opportunity to try out the therapy for themselves at a facility in Retford called **Oxify**.

**Hyperbaric Oxygen Therapy** is a form of treatment in which oxygen is administered under increased pressure in a specially designed chamber. Hyperbaric oxygen increases the oxygen content in the blood and in different body tissues.

When first receiving the treatment it gives the same feeling that lots of people experience when going up in an aeroplane, when discomfort in the ears can occur. This can be relieved by reducing the pressure. An operative is always on hand and 2 way communication can take place. Each session lasts for one hour, if desired you will be able to read a book, use your tablet or just lay back and dream. So far, members have said they found the taster relaxing, and felt more alert afterwards and the energy to do more.

A full course of 10 sessions every other day is recommended to reap the full benefit of a course of hyperbaric oxygen treatment. Accessing the chamber has proved difficult for some people and we recommend you visit **Oxify** to establish if it is suitable for your needs. For further details and to book a taster session please contact Sarah at **Oxify 01777 861 462** or Email **info@oxify.co.uk**

For more Information about MS Therapy Centres local to Retford where the chamber holds up to 6 people at a time including wheelchairs, please contact:

South Yorkshire MS Therapy Centre  
St Mary's Drive, Catcliffe, Rotherham S60 5TN,  
**01709 367 784** or **info@mstherapy-syorks.org.uk**

Lincolnshire MS Therapy Centre  
50 Outer Circle Drive, St Giles, Lincoln, LN2 4JN T  
**01522 543 333** or **lincsms@aol.com**

## Orange Buckets, T Shirts, Buggies, Scooters and Members



All are needed for **Retford Charter Day** to represent the MS Society on **Monday 2nd May**. We (*the group*) will be based on Carolgate where members manning the stall will be giving out information, free gifts and promoting the second edition of our Community Cookbook.

Please get in touch if you would like to help on what always turns out to be a fun day for all. **01777 860 674** or **retford@mssociety.org.uk**

**Retford Charter Day** is a family day held in Retford Town Centre and Kings Park, where the now famous Lions Duck Race takes place. The day attracts visitors from far and wide. There are a variety of activities to look forward to including crafts, tombola and food stalls to suit all tastes. Many other attractions on the day will be fair rides, local dance schools, a show stopping main stage act, circus workshops and performances, and much more. Retford Charter Day is one of the biggest attractions in the whole of Bassetlaw and a wonderful example of community spirit so please come along and enjoy.



## Bakers needed to try something different



We are planning a fundraising event involving a cake stall with a difference! The difference will be we are asking our bakers to choose a recipe this time from the group's **Retford Community Cookbook**. There is a wide choice of recipes with something for everyone to try, and we need a good selection on the stall.

If you do not have a copy of the book, we can provide a list for you to choose from, or even better a copy of the book for you to look through will be available at coffee, cake and mornings. If need be we can provide a print out of the recipe you choose to use. We would like to start a list as soon as possible of willing bakers who wish to be involved, and the recipe they have chosen.

This will help us to put everything into action quickly and will make sure there will be no repetition of cakes for sale on the day.

Please get in touch with **Pauline** on **07590 839 528** or **[paulinebird18@gmail.com](mailto:paulinebird18@gmail.com)**

The fundraiser (title to be revealed next month) will take place on **Friday 6th May** at **The Well** and will be open to the public. We are hoping members will invite friends and families to come along and enjoy. Flyers and more details advertising the event will be available from April onwards.

## Something Specially for Our Newcomers to the Group...

Newcomers are often curious as to how and why we have so many activities and fun events throughout the year.

The easy answer to that is, we like to enjoy ourselves and at the same time do something productive for the group and members of the local MS Community. We are always looking towards activities that will be of interest to members, beneficial to wellbeing and will encourage members to try something new in a safe environment.

Before the first lockdown back in 2020 we were all asked for ideas of something we would like to try that we felt MS was now preventing us from doing. Suggestions put forward at the time, were very interesting to say the least. Pole dancing, caber tossing, and motorbike stunts we realised would be the most time consuming to arrange, but we did manage to organise other requested activities very quickly such as the skydive, seated yoga, Tai Chi, dance and a taster session of clay shooting and archery.

Then as we all know the lockdown came and scuppered our plans. Since then we have been able to provide some activities on zoom, and last Summer, in between the lockdowns, we were able to go Clay pigeon shooting, and try our hands at Archery. Come this April, our indoor skydive is to take place. We are still open to many more ideas and complementary therapies that will be beneficial to our wellbeing and self-esteem, and hope members will forward their ideas to **[retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)** or **01777 860 674**. It is always helpful if members can do a little research into the activity first, such as where it takes place, what is involved and costs.

We look forward to hearing from you. One activity that had to be shelved was our planned Pentathlon. We are hoping we will be able to resurrect this event sooner rather than later. Maybe just a triathlon to start us off again. So to all our sporty or not so sporty members, families and friends, please get back into training - walking - cycling or swimming - whichever will give your personal best.

## Activities for March

Friday 4th March, 10:30 - 12noon | **Coffee Cake and Chat Morning**



The Well, Hospital Road, Retford DN22 7BD

Mondays



**Quiz 11am on zoom** | **[retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)**

**Breath Awareness and Meditation 1:30pm on Zoom** | **[sitara64@outlook.com](mailto:sitara64@outlook.com)**

Tuesdays



**Swim/Aqua Exercise** | **Retford Leisure Centre** (specifically for our members) | **[retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)**

Wednesdays



**Seated Tai Chi 10am on zoom** | **[s.bradley2460@aol.com](mailto:s.bradley2460@aol.com)**

**Coffee and Chat 2pm on zoom** | **[retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)**

**Men Only 2pm on zoom** | **[retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)**

Thursdays



**Neuro Pilates 12pm on zoom** | **[Clinic@physiopilates.co.uk](mailto:Clinic@physiopilates.co.uk)**

Fridays



**Quiz on Zoom 11am on zoom** | **[retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)**

**Seated Dance on zoom** | **[retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)**

**Telephone enquiries for the above events on 01777 860 674**

# *There is no shame in asking for help, there is always someone available to listen and not judge*

## Useful numbers

**MS Society Helpline** 0800 800 8000

Here there are trained councillors are available to take calls

## Local Numbers

**NHS Point of Referral** 01777 274 422

(Neuro Nurses, Occupational Therapy, Physio)

**NHS Advice** 111

**Bassetlaw Car Scheme** 01777 709650

(transport for appointments and shopping)

**Muddy Fork** 07421 356 717

(gardening for mental wellbeing)

**Notts Self Help** 0115 911 1662

**Action Centre** 01777 709 650 (benefit advice and form filling)

**The Samaritans** 0116 123

**Bassetlaw Food Bank** 01909 533 533

**Notts Women's Aid** 01909 533 610

**Group Helpline** 01777 860 674



## Your Lead Volunteers

**Barbara** Barbara.Ramsden@groups.mssociety.org.uk

**Carole** Carole.Mercer@mssociety.org.uk

**Adrian** Adrian.Argent-Cook@groups.mssociety.org.uk

## The Legal Bits...

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

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