

Welcome to the April 2022 edition of your group newsletter. Please Note for this month only we have been asked to hold our Coffee, Cake and Chat Morning a week later on Friday 8th April at 10:30am—The Well Hospital Road Retford DN22 7BD. We look forward to seeing you there.

Life in the group is getting busier by the week and we really need the help of all our members to continue making each activity, event, and the day to day running of the group a success. We are delighted that two members have kindly stepped forward to help out with certain roles undertaken by our lead volunteers who continue to work hard to provide for members and bear the responsibility of the group. We are always very thankful of members who volunteer their time often behind the scenes but play an important part, be it washing up after coffee, cake and chat mornings or raising huge sums of money to allow us to continue to provide activities therapeutic for members and the wider MS community referred to us by Bassetlaw Neuro Team.

**Our next public event and the first since lockdown is...**

**Retford Charter Day on Monday 2nd May in Retford Town Centre**

Volunteers are needed to man our stall on a rota basis from 10am -2pm. This is the day we proudly show how the group remains very much part of the Retford district community by supporting local people affected by Multiple Sclerosis.

We wear our orange T-shirts, distribute freebies, balloons and information about the society, and hand out leaflets advertising our soon to be here fundraising morning.

Help is needed from our wheelchair and scooter users to mingle with the crowds with MS balloons and collecting buckets, so please come along. For those of you who don't have one already, we have a few MS T shirts of various sizes for people taking part.

Please call **01777 860 674** to let us know you will be coming and let's show Retford, Covid and lockdowns haven't dampened our spirits, Retford District MS group is very much alive. We think you will find being involved is a lot of fun.



**MS Cake and Coffee Fundraising Morning 10:30am - 12noon - Friday 6th May at The Well Hospital Road, Retford DN22 7BD**

Cakes and confectionery as seen in our Retford Community Cookbook needed please for the event and tombola prizes. Please telephone **07590 839 528** for promises of cakes, and for tombola prizes please bring to this month's coffee cake and chat morning on Friday 8th April. We need offers of help for the cake stall and refreshments, and we are hoping you will all invite family and friends to this fundraising event to make sure of its success. Due to health and safety regulations people with MS are exempt from serving hot drinks (***we don't make the rules but better to be safe than sorry***).

**Coming Soon...a Little TLC**

Taking care of those we rely on. Time out can be hard to find for partners and family members caring for people with MS, but is needed for their own wellbeing We are looking at the possibility of offering time out experiences for member's partners / family members, but need ideas.

One suggestion put forward is that of a Sound Bath. We are sure very few of you will have heard of this and will now have conjured up all sorts of connotations as to what one could possibly be. All we can say is, we are told it is truly relaxing, painless with no physical exercise, or water involved. More news of this in next month's newsletter, but in the meantime, if you are a partner or family member caring for someone with MS and would like to put forward an idea for a time out experience you would like to try please get in touch. The group helpline is **01777 860 674** and our email is **retford@mssociety.org.uk**

Please see our Useful Numbers Section for details of Nottinghamshire Carers Association.

## Out with the cobwebs...

We're having a Spring Clean and tidy up of the Facebook pages and groups we manage.

If you wish to join the Facebook Group Bassetlaw MSers or Bassetlaw Families with MS please send a request.

**Bassetlaw MSers** - Is a closed Facebook Group, meaning only people with MS in Bassetlaw and surrounding areas plus family members, can gain access to the site. The page gives information of upcoming events and activities in Bassetlaw relating to MS, and news of treatments and research. Members, or MSers as we are known, are welcome to post anything MS related they feel will be of interest to fellow MSers, even if you have nothing to say, it is well worth a daily visit for the message of the day provided by our resident calendar girl. We look forward to greeting you.

**Bassetlaw Young Families with MS** - is another closed Facebook Group for members with children under 18 years of age living in Bassetlaw or the surrounding areas. It is an opportunity to talk through experiences of coping with children when MS is causing or has caused problems. Learn how other people's strategies have worked for them, and make friends with people in the same situation as yourselves. Members are welcome to post anything MS related, but more so items they think fellow parents with MS would like to hear about.

## Facebook and Our Purpose

We are sure Facebook users will know there are plenty of other MS sites that have become personal sounding boards often unrelated to MS. Our purpose is to offer online practical information and friendship to each other. We see our Facebook Groups as a way of bringing the local MS community together to share the best opportunities in the area to assist life with MS.

We are certainly not devoid of humour, and welcome none offensive light hearted cartoons, jokes and anecdotes that relate to life with MS.

## Retford District Group of the Multiple Sclerosis Society Online

Is a Facebook page specifically about Retford District Group and is open to anyone on Facebook and the confidentiality of our members is secure at all times.

Worksop District Group of the Multiple Sclerosis Society has a similar page.

## April Activities

**Friday 8th April** - Coffee Cake and Chat 10-30am to 12pm at The Well Hospital Road, Retford DN22 7BD

**Saturday 9th April** - Visit to iFly Manchester - Transport provided - Optional meal at The Chequers Inn Ranby on return. If you wish to come please get in touch telephone 01777 860 674 asap.

## Online Activities

**To take part in the following online activities, drop a line to the link contacts and we'll do the rest.**

<b>Monday</b>	Quiz on Zoom 11am for link <a href="mailto:retford@mssociety.org.uk">retford@mssociety.org.uk</a> Breath Awareness on Zoom 1-30pm <a href="mailto:sitara64@outlook.com">sitara64@outlook.com</a>
<b>Tuesday</b>	Aqua Exercise and Swim 11am - <a href="mailto:retford@mssociety.org.uk">retford@mssociety.org.uk</a>
<b>Wednesday</b>	Tai Chi on Zoom 10am for link - <a href="mailto:sbradley2460@aol.com">sbradley2460@aol.com</a> Coffee and Chat on Zoom for link <a href="mailto:retford@mssociety.org.uk">retford@mssociety.org.uk</a> Men Only on Zoom for link <a href="mailto:retford@mssociety.org.uk">retford@mssociety.org.uk</a>
<b>Thursday</b>	Neuro Pilates for details <a href="mailto:clinic@physiopilatesretford.co.uk">clinic@physiopilatesretford.co.uk</a>
<b>Friday</b>	Quiz on Zoom 11am - for link <a href="mailto:retford@mssociety.org.uk">retford@mssociety.org.uk</a>
<b>Friday</b>	Seated Dance on Zoom 2pm for link <a href="mailto:retford@mssociety.org.uk">retford@mssociety.org.uk</a>

## Live Classes

A class for all abilities in **Tai Chi is now available at MyGym in Retford** by arrangement with Stewart Bradley PT (Brad) who is a qualified neuro conditions personal trainer. Contact [sbradley2460@aol.com](mailto:sbradley2460@aol.com)

**Neuro Pilates at Retford Pilates Clinic** by arrangement with Jo by telephoning - 07543 944 938.



## Useful Numbers and Confidential Support

### There is no shame in asking those who will listen and offer help

Action Centre	Help completing forms for benefits such as PIP	01777 709 650
Bassetlaw Car Scheme	Appointments and shopping	01777 709 650
Carers Space Notts	For information and support in Nottinghamshire	07966 391 612
Debt Advice and Counselling		0800 689 903
Bassetlaw Food Bank		01909 533 533
Group Helpline	Information only	01777 860 674
National MS Helpline		0800 800 8000
Muddy Fork	Mental Wellbeing through Horticulture	07421 356 717
NHS Advice		111
NHS Point of Referral	Neuro Nurse/Physiotherapy/Occupational Therapy	01777 274 422

## Your Group Admin & Volunteer Team

Barbara	Coordinator & Lead Volunteer	Barbara.Ramsden@groups.mssociety.org.uk
Carol	Finance & Lead Volunteer	Carole.Mercer@groups.mssociety.org.uk
Adrian	Newsletter Editor & Lead Volunteer	Adrian.Argent-Cook@groups.mssociety.org.uk
Andy	Health and Safety Volunteer	
Vince	Website Editor Volunteer	
Pauline	Group Correspondent Volunteer	

## Our Supporters and Sponsors



## The Legal Bits...

### 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#>

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.

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Retford District

MS Society UK



MS Helpline 0808 800 8000  
Multiple Sclerosis Society  
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