

Welcome to the June 2022 edition of your group newsletter. We hope you are all well and looking forward to the Platinum Jubilee Celebrations for Her Majesty the Queen. We know some members can remember her Coronation being broadcast by the BBC back in 1953 and the memorable street parties that followed

Many such events are again being organised locally to celebrate the Jubilee, and for those of you who plan to take part in the celebrations, we hope you will have a wonderful day to remember.

Greetings to her Majesty have been sent on behalf of the group wishing her a very happy jubilee and excellent health for the future.

Thankfully, treatment and the understanding of MS has greatly improved in the past 70 years and people now diagnosed with the condition can remain healthier and able to lead more meaningful lives.

Unfortunately, the dates for the Platinum Jubilee Celebrations coincide with the first Friday in June which has been declared a bank holiday. This means The Well will be closed for the day and our June Coffee, Cake and Chat Morning has been cancelled.



## So, What's Been Happening..?

### Retford Charter Day

Many volunteer members took part in this year's Charter Day. The MS stall certainly stood out among the rest thanks to a wonderful archway of orange and white balloons, kindly donated to the group for the occasion.

More orange and white balloons and t-shirts could be seen throughout the town as members mingled with the crowds promoting both the Society and Retford District Group. It was a joy to see the delight on the children's faces who came to the stall for gifted inflated balloons and wristbands.

More so how something so simple could make a child so happy as well as advertise the society's mission to Stop MS. The atmosphere was fantastic and carnival-like and we are already looking forward to Charter Day 2023.



Thank you to everyone who took part including our four legged friends who wore their orange t-shirts with pride.

## Cake & Coffee Fundraiser

Again, a display of orange and white balloons, this time outside The Well caught the eye of many people who came to the group's fundraiser.



The cakes soon went as did the array of tombola prizes and refreshments galore were enjoyed. Thank you again to everyone who baked, helped on the stalls, donated prizes, and members and visitors who came to support another successful day for the group.

## Coming Up...

### Members Get Together on Zoom

Members will shortly be receiving an online invitation to a Members Get Together for a group review of the past 12 months.

For members who are not familiar with group reviews and expecting something excruciatingly long winded and formal or dread the thought you may be asked to take on a job you really don't want, then rest assured none of that is going to happen.

The MS Society has moved away from holding such meetings, and the process of electing volunteers or standing for nomination for roles connected with the group is no longer necessary. It is also up to the individual group to decide whether or not to hold reviews for members.

We choose to do so as we like to keep all members up to date with Retford District's progress, and hope it will encourage more of you to get involved.



The process for anyone who may be interested in taking on a prominent role within the group and the society is now quite simple.

All you need to do to start the process is to get in touch with [volunteersupport@mssociety.org.uk](mailto:volunteersupport@mssociety.org.uk)

Full role descriptions, expectations and other volunteering opportunities information can be found online by visiting <https://volunteers.mssociety.org.uk/z-volunteer-roles>

## More On Our Get Together...

Retford group prides itself on the camaraderie of our members and we wholeheartedly encourage anyone who wishes to apply for a prominent volunteer role to do so.

Our Group Coordinator, Finance, Newsletter Editor, and Health and Safety Volunteers have all received instruction from the MS Society towards their particular roles and have completed GDPR training to safeguard all data pertaining to the group.

Our Web Editor and Group Correspondent contribute to the wider communication roles of our Coordinator and Newsletter Editor.

Collectively, they are recognised by the Society as the Retford District Group Coordinating Team and all play an important part in the day to day running of the group.

We are also very fortunate to have a team of wonderful step up volunteers who do just that when fundraising events and meals out need organising to name just a few of the many ways they contribute to the group.

At the get together, we will be looking back on the past 12 months of group activity, our achievements, sources of income, how funds have been distributed and future plans to provide for the local MS Community.

We welcome any comments you would like to make before or after the review and ask you to Email them to [retford@mssociety.org.uk](mailto:retford@mssociety.org.uk) or call 01777 860 674.

For members not online, copies of the review will be made available on request by contacting 01777 860 674.

Please note due to data protection we will only be able to send invitations to people who appear on the group membership list provided by the MS Society.

If for some reason we do not have your email details and you would like to attend the members get together, please forward your email address to [retford@mssociety.org.uk](mailto:retford@mssociety.org.uk).

We are no longer allowed to keep the contact details of lapsed members. Renewal to the Society or to become a supporter/member is now free of charge.

Please contact [supportercare@mssociety.org.uk](mailto:supportercare@mssociety.org.uk) or by telephoning 0300 500 8084 and ask to be added to Retford list.

## Happening in June on Zoom

Now that the summer and holiday times are approaching, we have decided from 1st June to pause Wednesdays Coffee and Chat and Men Only sessions and restart in September/October when more people are available.

### Friday 3rd June -11am

It's time to dust off your tiara, coronets and crowns for the Royal Quiz and maybe raise a glass to Her Majesty the Queen.

Everyone is welcome, please contact Carole for the link [Carole.Mercer@groups.mssociety.org.uk](mailto:Carole.Mercer@groups.mssociety.org.uk)



**Please note there will be no seated dance in the afternoon of Friday 3rd June**

## More Activities on Zoom

Follow the appropriate link and ask to be involved.

- Monday** Quiz at 11am [retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)  
Breath Awareness at 1:30pm [sitara64@outlook.com](mailto:sitara64@outlook.com)
- Tuesday** \* Aqua Exercise and Swim at 11am [retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)
- Wednesday** Tai Chi at 10am [sbradley2460@aol.com](mailto:sbradley2460@aol.com)
- Thursday** Neuro Pilates [clinic@physiopilatesretford.co.uk](mailto:clinic@physiopilatesretford.co.uk)
- Friday** Quiz on Zoom at 11am [retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)  
\*\* Seated Dance on Zoom at 2pm [retford@mssociety.org.uk](mailto:retford@mssociety.org.uk)

\* **Aqua Exercise/Swim** is for people with MS who can no longer cope with mainstream swimming.

Please contact [retford@mssociety.org.uk](mailto:retford@mssociety.org.uk) or 01777 860 674 for details.

\*\* Please remember there will be no **Seated Dance** in June because of the Jubilee Bank Holiday

## Events in July



### Friday 1st July - 10:30am

Coffee, Cake and Chat at The Well Hospital Road, Retford DN22 7BD.



### Wednesday 6th July - 6pm (on Zoom)

Members Get Together for a review on the past 12 months of group activity.  
Details of the link to attend will be forwarded to members.

**We are ever grateful to our sponsors and Supporters...Thank You!**



## Useful Numbers

*There is no shame in asking for help, nor will you be judged by those who answer*

### Practical Wellbeing

Action Centre	Self help groups	01777 709 650
Bassetlaw Car Scheme	Appointments and shopping	01777 709 650
Bassetlaw Food Bank		01909 533 533
Debt Advice and Counselling		0800 689 903
Group Helpline	Information only	01777 860 674
Bassetlaw Connect	Help/advice on benefits   PIP   debt   blue badge scheme	
	Every Thursday at the Goodwin Hall Chancery Lane Retford DN22 6DF	
	between 10am and 1pm with parking available	

### Health and Mental Wellbeing

Carers Space Notts	For information and support in Nottinghamshire	07966 391 612
National MS Helpline		0800 800 8000
Muddy Fork	Mental Wellbeing through Horticulture	07421 356 717
NHS Advice		111
Bassetlaw 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	

## 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.

We take no responsibility for any errors or omissions in this information.

All material within this publication is the sole copyright of **Retford District MS Support Group** any use of it to be agreed with the editor.



Retford District

MS Society UK



MS Helpline 0800 800 8000  
Multiple Sclerosis Society  
Registered charity nos. 1139257  
Registered as a limited company in England  
and Wales 07451571