

Welcome to the Summer edition of your group newsletter covering the months of July and August 2022. Fingers crossed, the weather will remain kind throughout the coming months and we'll all be able to get out and about to reap the benefits of fresh air and sunshine.

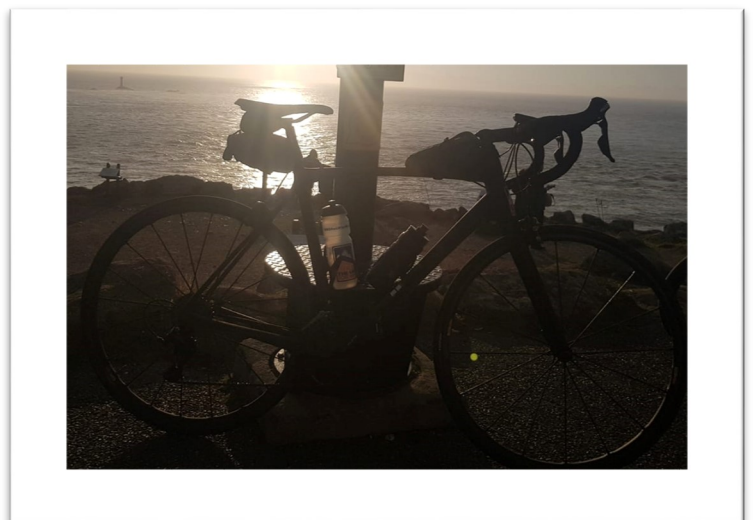
We know a number of our members are planning to do just that, some will be taking part in a sponsored 10 mile/16 kilometres walk depending on what age you may be, while others are having a day's sailing experience. Our walkers will be at Clumber Park hoping to raise funds towards providing further activities for the group. Once all arrangements have been made, we will circulate details on how members, families and friends will be able to join in, be it for just part of the walk or the full course. A stop for coffee is usually involved.

The walk through Clumber has become an annual event for the group and always ends at a local hostelry where all members will be welcome to meet up afterwards.

Three of our members have been lucky enough to gain places at Swarkestone RYA Sailability Club for a day's sailing in August, and we look forward to hearing all about their adventure on the open water.



In September Rosie, our intrepid cyclist, is taking part in the Bike The UK For MS - North Coast 500 Challenge, and through the grapevine we have heard Vince, another of our distance cyclists, is putting together a 'Daft Bike Ride' with friends, whatever that will be, but sounds great fun!



More info on this as we get it.

Like Rosie, Vince and friends will be raising money for the group that will allow us to continue to provide therapeutic activities, recognised complementary treatments and assist in the purchase of personal exercise equipment for members of the local MS community.

Arrangements for a sponsored swim by members and supporters of the group are also in the pipeline, this will take place at Retford Leisure Centre later in the year. If you are interested in taking part and happy to raise funds for the group please get in touch with Barbara 01777 860 674. All ages and abilities are welcome

What an adventurous lot we are, and we thank each and everyone of you for your efforts in raising funds while promoting activity and exercise is beneficial for people with MS.

Help from outside the group

We are delighted to hear we have been named as Community Champions by Lincolnshire Cooperative Society who will be raising funds on our behalf at their new store on Hallcroft Road in Retford. The store is on course to open at the end of July. Details on how you can help the store to raise money for the benefit of the local MS community and at the same time encourage others to do the same by representing our Community Champion status, will be circulated by email nearer the time.

A Reminder to all...

Our Members Get together for a group review on Zoom will take place on Wednesday 6th July at 6pm.

If you wish to attend, please get in touch retford@mssociety.org.uk for the link.

Any questions you may wish to ask prior to the get together or afterwards please forward to retford@mssociety.org.uk or call 01777 860 674.

Members not online may request a telephone account of the review.

Lots to look forward to...

Following the success of last year's afternoon tea at The West Retford Hotel, we have decided to do the same again this year. Members will be shortly receiving invitations to attend the event on Wednesday 21st September.



We look forward to seeing many of you there enjoying a lovely afternoon among friends and we are hoping our recent newcomers to the group will be able to come too. Please do not be shy, we are a very friendly bunch who will make sure you will receive a very warm welcome with new friends soon made.



We are asking everyone to respond to the invitation as soon as possible so we know exactly how many of you will be coming. Raffle prizes will be appreciated and as requested last year a collection bucket will be available should you wish to make a cash or cheque donation on the day. Afternoon Tea at The West Retford will be a selection of finger sandwiches, small cakes, desserts, scones with clotted cream and jam, served with either tea or coffee in the hotel's Shelley Ballroom. Something to suit all palates to be enjoyed in a delightful setting.

The Catwalk Awaits...

On Sunday 2nd October M&Co on Carolgate will be opening their doors for a fashion show in support of the Retford group. It has been over 2 years since they have been able to hold such an event and they are so looking forward to seeing you all again.



Models of any age, gender, shape or height are needed so please join in the fun and volunteer your services. In return you will receive a reward from M&Co. Please contact Julie 07891 323 992 for more information and tickets for the fashion show will be on sale from September onwards at the low price of £3.50p each and include a buffet tea with Prosecco. A printed lucky number will appear on each ticket for something good to be won in store.

By just buying a ticket even if you can't make the fashion show you can still be in with a chance to win.

Tickets will be available from Julie at September's Coffee Cake and Chat Morning and the Afternoon Tea event, or can be purchased at the M&Co Store on Carolgate.

Also at the fashion show will be Anna Bing with products from Body Shop at bargain prices on sale, The Retford Community Cookbook, and a Raffle. All purchases of M&Co merchandise on the day will have a reduction on the full price.

Entry will be from 4pm and the show will commence at 4:30pm. Places are limited and tickets can be reserved by contacting 01777 860 674.

Unwanted Callers

These door stickers will be available from Barbara at our July Coffee and Cake Morning for collection.



Our Group Volunteers

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 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.

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 or by telephoning 0300 500 8084 and ask to be added to Retford list.

So What's happening in July and August..

 Friday 1st July
Coffee cake and Chat at The Well, Hospital Road, Retford, DN22 7BD from 10:30am until 12pm

 Wednesday 6th July - on Zoom -
Members Get Together for a group review at 6pm

 Friday 5th August
Coffee Cake and Chat at The Well, Hospital Road, Retford DN22 7BD from 10:30am until 12pm.

More Activities on Zoom

These are the activities on zoom throughout Summer.

When	What	Contact
Mondays at 11am	Quiz	retford@mssociety.org.uk
Mondays at 1:30pm	Breath Awareness	sitara64@outlook.com
Wednesdays at 10am	Tai Chi	sbradley2460@aol.com
Thursdays at 12noon	Neuro Pilates	jo@physiopilatesretford.co.uk
Fridays at 11am	Quiz	retford@mssociety.org.uk
Fridays at 2pm	Seated Dance	retford@mssocietyorg.uk

Please note due to holidays some activities may not be available on certain dates please speak with the contact the above links for information.

Aqua Exercise/Swimming will continue throughout July and August please contact retford@mssociety.org.uk or 01777 860 674 for details.

Oceans of Hope Turkey Challenge 2022

Oceans Of Hope UK was founded by people with MS, to create safe and fun sailing challenges for other people with MS.

There is an opportunity to join them and others living with MS for a life changing sailing adventure in Turkey:



Week 1: 22nd – 29th October 2022

Week 2: 29th October- 5th November 2022

Each week a flotilla of yachts will explore the islands and tranquil scenery of Turkey. Each yacht will be led by a qualified Skipper and crewed by people living with MS from many different countries

The charter yachts are fully equipped to make your stay on board as comfortable and safe as possible. Each yacht will have a skipper to help you learn and ensure you get everything you want from the experience. You can learn to sail, improve your sailing skills, swim in the warm water, or simply relax and enjoy the sun and scenery. If you come alone, you will certainly make new friends.

Each yacht has 4-5 cabins, so you will be sharing a cabin with a fellow crew mate. Everyone will be involved in preparing meals, cleaning, and sailing the yacht.

For more information and enquiries visit www.oceansofhope.co.uk

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	

Your next newsletter will be for September 2022

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#>

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Retford District

MS Society UK



MS Helpline 0800 800 8000
Multiple Sclerosis Society
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