

Welcome to your group newsletter for September 2022 and to our new newsletter editor Madeleine Ault

Madeleine has taken on the task from Adrian who is stepping down after 15 years of keeping us up to date with group events and the challenges we've faced over the years to improve services for people with MS in the local community.

Adrian is a man of many talents having turned his hand to anything the group has asked of him from fundraising to helping find appropriate accommodation for several people severely affected by MS when their care home closed. His latest achievement has to be the Retford Community Cookbook when all information and pictures were passed onto him to form and illustrate the book ready for the printers, and what an amazing result!

This can also be said of our newsletters showcased by the society as an example of communication during the pandemic.

Nothing has ever been too much trouble for Adrian, and before the days of health and safety arrived, he cooked many a delicious barbecue for members. We are pleased to say we are not losing him altogether. He is still going to be around as a member of our communications team and a lead volunteer, but living life at a much slower pace for the time being.

Thank you Adrian for all your hard work and support over the years and we hope your health will soon show signs of improvement.

We also thank Madeleine for taking on the newsletter such short notice.



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We have lots happening in September starting off with group member Rosie Pickering and her latest epic bike ride.

Bike The UK For MS Challenge North Coast 500 —2022

Rosie will be cycling a gruelling 548 miles along the north coast of Scotland with 36,000 ft of elevation along the way . No mean feat for any experienced cyclist and as we all know Rosie has MS to contend with but is determined to complete and raise money to help members of the group and the local MS community.

The 7 day challenge begins on Saturday 3rd September and finishes on the following Saturday the 10th.

The team's last pit stop is to be at The Midge Bite Log Cabin in Achnasheen which surprisingly has a connection with the Retford group. The coffee shop is run by the granddaughters of one of our members, and we are sure they will be giving Rosie and the rest of the Bike the UK for MS team a huge cheer to see them on their way for the final stretch of their challenge.

If you would like to sponsor Rosie this can be done online - Bike the UK for MS North Coast 500 3rd -10th September, then search for Rosie Pickering. If you would like to donate in cash, see Carole at September's coffee and cake morning who will gladly add your donation to Rosie's sponsor page.



Heritage Day

Saturday September 10th sees our group at the Retford Heritage Day. The plans are coming together for a display that shows how attitudes, treatment and research for MS have changed over the years. We will have a market stall with adjacent pitch and this is where you will find Vince, on an exercise bike — demonstrating to all that MS need not hold you back. We also hope to have a donated wheelchair from Tuxford Walks of Life Museum. This wooden wheelchair is more than 100 years old, an era when little was known about MS and when life was bleak for those diagnosed. More helpers are needed on the day. If you can help, please contact Barbara.

We will have the usual donation bucket on the day as well as cookbooks for sale.

Looking forward to seeing you all there.

Afternoon Tea at The West Retford DN22 7XG

By now, members should have received invitations to the afternoon tea on Wednesday 21st September. If you are yet to reply to the invitation or you haven't received it, please get in touch asap, with Pauline 07590 839 528 or retford@mssociety.org.uk We need to know how many of you will be coming.

Prizes for the raffle will be appreciated. A donation bucket will also be available on the day. Looking forward to seeing you all there.

What's been happening - Sailing

Oceans of Hope invited our groups members to a Sailing opportunity at Carsington Water on 10th August. Only two members were able to attend, Jackie and Madeleine, but there were several other people from nearby groups too. It was a great opportunity, not only to have a go at sailing but also to meet the Oceans of Hope team who create safe and fun sailing challenges for people who have or are impacted by MS.



This is Madeleine and Jackie giving a very good impression they know what they are doing.

The Oceans of Hope team all understand MS because they live with it. Find out more about their future opportunities at:

<https://oceansofhope.co.uk>



Complementary Treatments

There are several recognised practitioners of complementary treatments in Retford and the surrounding area, but just what they do, and how they affect MS is a question most of us have asked at some time, mainly is there a chance they could make MS symptoms worse?

Hyperbaric Oxygen Therapy has been tried already by some members and while the majority of them felt they had benefited from it, it is now up to the individual to continue the treatment.

Sarah of Oxyfy in Retford is happy for more members to have a taster session, and if this is something you are interested in please get in touch with Barbara for further details.

There are 2 MS Therapy Centres within driving distance of Retford that also offer Hyperbaric Oxygen Treatment as well as other treatments you may be interested in trying. It has been suggested members may like to look round the centres to learn more. This can be arranged if enough people show interest. Call Barbara 01777 860674 or email retford@mssociety.org.uk

Of course there is a cost for all complimentary treatments and this is something we will be discussing with members who elect to have them.

If members with MS discover a recognised complementary treatment they feel will improve their wellbeing and would like to try, please get in touch 01777 860674 or retford@mssociety.org.uk we may be able to help with costs

Multiple Sclerosis Therapy Centre:

(South Yorks) offers Oxygen Therapy, Acupuncture, Reflexology, Shiatsu Massage, Crystal Therapy and Pulsed Magnetic Therapy

Bradbury House, 25 St Mary's Drive, Catcliffe, Rotherham S60 5TN Tel. 01709367784 .

Lincoln MS Therapy Centre

Offers Oxygen Therapy, Acupuncture, Counselling, Massage, Reiki, Reflexology, Hopi Ear Candling.

50 Outer Circle Drive, St Giles, Lincoln LN 24 JH Tel 01522 543333

Mary Crabb

Closer to home, Mary Crabb who is a holistic therapist will be visiting our next coffee and cake morning on Friday 2nd September to talk about treatments available locally and maybe one or two demonstrations on how they work.

Mary offers Reiki, Angelic Healing, Sound Therapy Massage, Chakra Balance and Reflexology.

Fashion Show— We are still in need of models for the M&Co fashion show on Sunday 2nd October please contact Julie 07891 323 992 if you would like to take part. Tickets are now available at £3.50 each and will be on sale at September Coffee and Cake Morning and the Afternoon Tea.

Swimathon— a few more swimmers needed to take part in the swimathon on Sunday 6th November 12-2pm all abilities welcome. Contact Barbara 01777 860674.

Activities and Events for the month.

Coffee Cake and Chat Morning Friday 2th September at The Well, Hospital, Road Retford DN22 7DB - Mary Crabb. Holistic Therapist.10-30am -12pm.

Heritage Day MS Stall Saturday 10th September , The Market Square, Retford . 8 -30am -2-30pm

Afternoon Tea - by invitation only Wednesday 21st September - - The West Retford Hotel, North Road Retford DN22 7XG 2-30 for 3pm

More Activities on Zoom and In Person—activities on Zoom throughout the month

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

The Afternoon Chat and Men Only zoom sessions will start again in October .retford@mssociety.org.uk for details

Aqua Exercise and swim for people with MS who can no longer cope with mainstream swimming please contact retford@mssociety.org.uk for details.

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



Useful Numbers

*There is no shame in asking for help, nor will you be judged by those who answer.
Confidential help is available from the following agencies:*

Practical Wellbeing

Action Centre	(Self help groups)	01777 709 650
Bassetlaw Car Scheme	(Transport for appointments and shopping)	01777 709 650
Bassetlaw Food Bank		01909 533 533
Domestic Energy Advice	energy@bassetlawca.org.uk	01909 498892
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	Counselling and Information	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	Lead Volunteer	Adrian.Argent-Cook@groups.mssociety.org.uk
Madelene	Newsletter Volunteer	
Andy	Health and Safety Volunteer	
Vince	Website Volunteer	
Pauline	Group Correspondent Volunteer	

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

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Retford District

MS Society UK



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