



Sussex MS Treatment Centre

Southwick Recreation Ground
Croft Avenue
Southwick
West Sussex
BN42 4AB
01273 594484



-Small Charity-

www.mssussex.com
Charity Number: 801075

-Big Impact-

Welcome to the 68th issue of The Belle. 2013 has been a fantastic year. One of the great highlights was September 5th, when we were presented with the Queen's Award for Voluntary Service by Mrs. Susan Pyper, Lord Lieutenant of West Sussex. Only one was awarded in West Sussex, so it was a great achievement.

Our treasurer, Derek Aitken, has added a report on our finances for the first time. Many of our members and supporters have been working very hard at fundraising and their efforts have greatly improved our financial circumstances and sustainability.

Our social events have kept us busy and are growing in popularity, look out for details of what's on over the next few months in this issue. We also have new therapists starting, and we are introducing hairdressing in the near future – phone the Centre to find out when this new service is starting.

We held a survey of everyone using the Centre over a week, and were amazed to find that over 150 people came in for a treatment, a class or just a cup of tea and a chat! If you have any suggestions on how we can improve our services, do get in touch and we'll see what we can do.

See inside for useful tips and advice on living with MS, and of course, details of all the events coming up!

**Most Spectacular Christmas Fair: 15 stalls : Tombola
: Raffle : Mulled Wine & Mince Pie : Face Painting:
Sat/Sun 2nd/3rd November 10am – 4pm**

THE QUEEN'S AWARD FOR VOLUNTARY SERVICE PRESENTATION DAY



We were all incredibly proud when we were presented with the Queen's Award for Voluntary Service by the Lord Lieutenant of West Sussex, Mrs Susan Pyper, on September 5th. She made a very flattering speech and then the citation was read beautifully by the Deputy Lieutenant, Lilian

Holdsworth, many of our volunteers confessed afterwards to having to wipe a tear from their eyes! Alan spoke on our behalf in response.

Once the formalities were over, we celebrated with well deserved



refreshments, and the dignitaries took the opportunity to chat with many of our volunteers. It's lovely to have our fortitude and determination to work together supporting each other acknowledged. As well as many of our volunteers, guests included Tim Loughton, MP for Adur and East Worthing, Mike Mendoza, chairman of Adur District Council, Alex Bailey, the new chief executive of Adur and Worthing Council, Nigel Peters Vice Chairman of West Sussex County Council, John Williams,

Lieutenancy Officer and our patron, Alastair Hignell CBE. They are all very impressed with the community feel here, and all that we achieve.



Hopefully it won't be as bad as the last couple of years, and we do everything we can to keep the Centre open despite what the weather throws at us. But PLEASE, if you're in doubt, ring us **before setting out** to check that your therapist/class teacher/chamber operator has made it into the Centre, and do your best to let us know if you can't make it.

NB. The Centre will be open on December 23rd with extra HBO sessions. It will be closed on Christmas Eve, and will reopen on Thursday 2nd January 2014.

The Treasurer's Report



As the new Treasurer it has fallen to me to write a few words: I'd hope to have more entertaining material, but at the end of the day it's numbers. Fortunately, for me, they are cheery ones, as evidenced by our reserves situation:

Following 2012's break-even position, which was no mean feat in itself, we have been able to improve our finances and operate at a surplus for the year to date. So much so that we now have £19,000 in our reserves account!

Whilst this level of reserves is a great achievement, particularly given the wider economic backdrop, it is our 5 year strategic aim to eventually have between £30-60,000 in reserves i.e. roughly 3 to 6 months operating costs.

Having sufficient reserves leaves us confident that, in the event of any reasonable financial shocks (such as a piece of equipment breaking down or a staff member going on long term sick leave), we could continue to open the doors and provide the therapies that mean so much to us all. Not having them could leave us vulnerable to closure at short notice (not a great idea for a long term illness).



We've made a welcome start towards our target. This is, of course, due to the outstanding efforts and contributions of all our trustees, members, volunteers, supporters and staff.

We know this is not just a numbers game, but try telling that to the suppliers (Electricity, Oxygen, Telecoms, etc.) who, rightly, need paying.

I have high hopes that we can continue our financial success for the rest of the year, but will present the facts to you in my next report.

You will find in this issue a request for your **2014 subscriptions**, which are due by the end of the year. Your £15 sub entitles you to use all our services and covers the cost of receiving this newsletter and keeping in touch over the year. Please return the slip with your subs. **If you no longer wish to be a member**, help us to keep our costs down by letting the Centre know, and we will remove you from our database.

Derek Aitken, Treasurer

We 'ad a larf!

A good time was had by all at our stand up night in September! Our thanks to the three comedians who gave up their evening to come and entertain us.



Quizzers love the Cream Tea

An awful lot of people appeared ready to test their knowledge at our new venture, and afternoon quiz with a delicious cream tea at half time.



A member recommends:



Freedom Powerchairs

Freedom Resource Recovery (FRR) is a charity recycler of commercial and industrial equipment, and a subsidiary of FPL. We welcome donations of redundant and surplus equipment, working or not, as we can use our workshop capability to restore items for resale. They provide a wide range of specialist services to clients. Their website says:

"Our services include solving mobility problems by:

- Supply of new and used powerchairs and spares, both new, used and specially made to order;
- Adaptation, Maintenance and Service of existing powerchairs;
- Customisation of powerchairs;
- Our unique workshop and fabrication services are available to you!
- Please - just ask, as we are here to help!

GRANT AID INFORMATION

Grants are normally made only to those without other means and towards the purchase of a powerchair or mobility aid from FCPL. Applicants will be expected to show that they have been unable to fund their requirements elsewhere.

Exceptionally, other applications are considered, subject to funds being available.

Full grant details and an application form are available upon request. The trustees usually meet bi-monthly to consider applications."

Freedom Powerchairs, Unit 9, Chartwell Business Centre, 42 Chartwell Road, Lancing, West Sussex, BN15 8FB

Telephone: 0843 289 6755

info@freedompowerchairs.org.uk

[scrapstore: scrapstore@freedompowerchairs.org.uk](mailto:scrapstore@freedompowerchairs.org.uk)

[Opening Hours: 10.00 to 16.00 Monday to Friday and by appointment](#)

BURNS SUPPER

And there's a hand, my trusty fiere!

And gie's a hand o' thine!

And we'll tak' a right guid-willie waught,

For auld lang syne.

AN EVENING OF MUSIC, POETRY, HAGGIS & WHISKY



FRIDAY 31st JANUARY

7 PM

£7.50



LIMITED PLACES : GET YOUR TICKETS FROM THE CENTRE

CHRISTMAS CRAFTS



With Barbara

4th November until 16th December

Every Monday 11am – 1pm

MAKE SOMETHING SPECIAL!

AUGUST - A BUSY MONTH FOR FUNDRAISING IN ADUR

Debbie Kennard organised a stall at Shoreham Farmers Market, Alan and friends ran a stall at Southwick and Fishersgate Horticultural Show, and Jane and friends put up a small display and collection in Southwick Square.



Southwick Square Street Collection

Many thanks to Sydney, Mike and his wife, Sue and John, Sue, Helen, and Sadie for helping out at this street collection. We raised nearly £270 in just four hours.

Sainsbury's West Hove have made us their charity partner's for the year. We had a fabulous musical launch in July, with 'Crazy Jain' from the store, our voicework group, and Alan with Paul and then Sylkie Moon providing over 5 hours of music. The launch raised over £1000, which was a fantastic achievement and of course we'd like to thank everyone who contributed. Our very grateful thanks go to Hilary Green, PR Liaison at the store for her unstinting support.



The Amazing Triathlon/Marathon Man!



John Challen is in training for a huge physical challenge to raise money for the Centre and the National Autistic Society. He is hoping to raise £8,000 in total - £4,000 for each charity - and needs your support!

John will be **running the Brighton Marathon** on the morning of the 6th April 2014, but in the hours before, he will **complete an Olympic-distance triathlon**.

Starting from his home town of Shoreham-by-Sea, he will swim 1,500m, ride 40km, and complete a 10km run, ending up near Preston Park, the start point of the marathon. He will then tackle the 26.2-mile route in and around Brighton.

"My mother-in-law has suffered with MS for many years and, having run the London Marathon for MS in 2003, I thought it was about time that I raised some more money to help her, and others who suffer with the condition," explains John. *"I love running, but also really enjoy triathlons, so I've decided to make it more difficult, and combine the two."*



John ran this year's Brighton Marathon, and has completed sprint and Olympic distance triathlons over the summer, so he has an idea of what he faces, even though he has never combined the two.

"MS can cause a lot of pain and suffering for people, much more than I will face when I am completing this crazy challenge," reasons John. *"When I see what Fay, my mother-in-law, has to deal with on a daily basis, it makes me more determined to do what I can to raise awareness and help others like her."*

To donate, please visit: <http://uk.virginmoneygiving.com/TriathlonMarathonMan>

You can also follow John and his training schedule from now, up to the big day, on Twitter (@TriMarathonMan).

APPS FOR I-PHONE AND Android phones

Many of you are a lot more savvy than I am when it comes to new technology! There are a lot of people out there who are developing tools to help with all sorts of things, (as well as games!) so here are some examples of smart phone 'apps' specifically designed to aid people with MS. We haven't tested any of these and many are from American sites. Go to

<http://www.healthline.com/health-slideshow/top-iphone-android-multiple-sclerosis-apps>

for more information.



MS Diagnosis and Management

[iPhone](#)



18 ratings – Free

[Android](#)



22 ratings – 10,000-50,000 installs – Free

With any diagnosis, it's always important to arm yourself with information. MS is no different. The Multiple Sclerosis Diagnosis & Management App features up-to-date information on the diagnosis, classification, and management of MS.

This app was developed in collaboration with the National MS Society. It relates symptoms, diagnostic criteria, and the four disease courses: benign, relapsing remitting, secondary progressive, and primary progressive. It also includes treatment strategies and offers links to further resources for clinicians and patient.



Multiple Sclerosis @Point of Care360

[iPhone](#)



69 ratings – Free

The Multiple Sclerosis @Point of Care360 app provides updated coverage of MS topics. Chapters cover information on current therapies and emerging treatments.

Some exciting topics include: improved immunomodulation strategies, neuroprotection advances, alternative therapies, and the impact of genetics on MS. This information is enhanced by hyperlinks to external multimedia illustrations, videos, articles, and more.



MSAA -- Multiple Sclerosis Self-Care Manager

[iPhone](#)



23 ratings – Free

[Android](#)



14 ratings – 1,000-5,000 installs – Free

Backed by the Multiple Sclerosis Association of America (MSAA), My MS Manager app is a self-care application that helps users manage their MS.

Keep track of your health records by recording lab results, conditions and allergies, medication lists, and side effects. You can take valuable notes on day-to-day symptoms and side effects in a health journal and share this data with your doctor.

This app also gives you info on coping with side effects and the most effective treatments to help you stay a step ahead of your MS.



Momentum Magazine

[iPhone](#)



28 ratings – Free

[Android](#)



38 ratings – 1,000-5,000 installs – Free

Developed by the American National MS Society, *Momentum* magazine is the most widely read MS-related publication in the world. This quarterly publication has it all: from inspiring stories about MS patients, to expert reports from specialists and recent advances in related research.

With the *Momentum Magazine* by the National MS Society app, you'll receive all recent issues for download back to Winter 2010. The app replicates the look of the print edition, but is designed for maximum mobile readability.

You can easily bookmark and share comments on your favorite stories. You'll also get news story, video, and Twitter updates and more.



Multiple Sclerosis - MedImage Cases

[iPhone](#)



7 ratings – Free

You don't have to be a doctor to gain access to more clinical MS-related information. Multiple Sclerosis - MedImage Cases brings you 26 biweekly MRI case presentations. MRI experts comment on each case regarding disease activity, disease progression, and response to therapy.


This app offers audio commentary from renowned MRI experts for patients plagued with MS-related vision loss. This is a great tool for physicians as well as patients looking for a deeper understanding of MS.

Overcoming Multiple Sclerosis

[iPhone](#)

Not enough ratings for stars – Free

[Android](#)

 2 ratings – 100-500 installs – Free

Overcoming Multiple Sclerosis is a website and book from Professor George Jelinek. The OMS app follows in Jelinek's mission to provide tools for recovery and living a healthy life with MS. Benefits from a variety of features, including podcasts, recipes, and lifestyle recommendations that include healthy eating, exercise, and meditation.



After the fantastic success of raising over £16,000 in the Brighton Marathon 2013, we now have 15 places in the Brighton Marathon April 2014, and due to popular demand, we have also booked 6 places in the half marathon.

Can YOU find someone to run for us?

This year, our runners in Brighton Marathon and the London 10k have raised nearly £20,000 for the Centre;- very nearly a sixth of our annual running costs and a magnificent achievement.

We offer lots of support to participants, and they take on a challenge that all have said was a great experience and a day they will remember forever. Martin Streeter wrote the following article which gives us all an idea of the enjoyment and satisfaction he felt on successfully completing the London 10k.

Do you know anyone who might like to join in these events? If so, please ask them to contact us by phoning the Centre or emailing events@mssussex.com. Thank you!

THE JOYS OF TAKING PART IN SPONSORED EVENTS!

By Martin Streeter

Having seen a poster for volunteers to do the London 10k Run I suddenly thought I can do that [this is from a man who has reached the age of 55 and has never owned a pair of trainers never mind participated in runs.]



I think Carmel [*who comes to the Centre for Oxygen, Pilates and Shiatsu*] was concerned about my health and ability to do it but I cheerfully went out and bought a pair of trainers and started to get up at 6.30am to run around our country lanes with only the deer (who needless to say outran me) and pheasants for company.

Various runners I knew all gave me advice as how to train for the run but I happily ignored them and only succeeded to manage 3k right up to the weekend of the run, as I knew if all failed I could walk it!

Carmel's nephew and niece who both run in marathons were also running for the centre so I had some company if I could keep up. The day turned out to be one of the hottest days in July absolutely fabulous... unless you were to run in it. Arriving at Embankment tube I couldn't get over the number of runners milling around as I waited to meet Tom and Danielle; in fact there were over 22,000 participating which made my adrenaline start pumping, although the downside was that it took us over 40 minutes to get over the start line!

The atmosphere was amazing with the route lined with people cheering you on, in fact I kept thinking there must be a lot of 'Martins' running until I realised complete strangers were shouting for me as they read my name on my vest, their energy really kept me going and coming up to the last 2k I got a surge of energy and pushed myself to overtake everyone to the line and I surprised even myself by doing it in 1 hour 6 minutes.

I felt fantastic and couldn't stop smiling and showing off my medal for days! Not only that but together with Carmel's efforts I had raised over £2,500 (including gift aid) for the centre, which I know has helped Carmel in so many ways and it was great to give something back.

As to the trainers they have now got rather dusty but you never know...



Bring me sunshine!



As winter's darker months approach, local nutritionist, Centre member and MS-er Kathy Kohl looks at what we can do to bring the sun's health benefits into our lives until next summer.

First things first... what exactly is the link between sunshine and MS?

It has long been recognised that MS is more common in countries further from the equator, ie countries where there is less sunlight. Scotland, Canada, Sweden and Southern Australia, for example, have a much higher incidence of MS than parts of Asia, Africa or America near the equator. It's not just the temperature differences: in Iran, a relatively sunny country where many women cover up with a burqa or niqab and don't get the sun on their skins, the MS rate is rising (among these women *and* their children).

So what can we do about it here in the UK?

In the summer months, most of us get enough UVB (ultraviolet B) sunlight on sunny days, and the UVB rays form vitamin D in the skin. It is actually vitamin D deficiency that increases people's chances of developing MS, their relapse rates, and disease progression - but unless you can afford regular sunny holidays during autumn and winter, nutritionists recommend eating vitamin D-rich foods and taking a high-dose supplement with 4,000 to 5,000 IU (international units) of vitamin D per day. In fact some MS experts recommend taking high doses all year round. But before you go splashing out on mega vits, ask your GP to check your vitamin D levels with a blood sample. An optimum level is 75 nmol/l or more, while less than 50 nmol/l is considered insufficient or deficient.



What foods are rich in vitamin D?

Vitamin D-rich foods that would fit with a healthy MS diet include oily fish (such as herring, salmon,

sardines and mackerel) and mushrooms. Dairy products, eggs and meat are also good sources but should be avoided if you are following most of the 'MS diets' (explained below). Cereals, margarines and some milks are fortified with small amounts of vitamin D2, but it is not advisable to rely on these synthetic forms for your intake.

So what types of vitamin D supplements are best?

Vitamin D3 is the one generally available in supplement form. Most D3 supplements come as capsules or tablets with up to 25,000 IU per tab, but it

is also available as liquid drops and as a mouth spray - good options for those who don't like or have difficulty swallowing pills.

What about sunbeds and light boxes?



Studies in Norway have shown that UVB exposure from sunbeds (for ten minutes, three times a week for six months) can dramatically boost vitamin D levels. This obviously depends on the type of sunbed used, the type of UV rays, and skin type. Do bear in mind the risk of skin cancer, wrinkles and burning before you abandon the supplements and

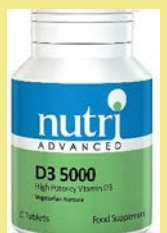
rush to the tanning studio!

Light boxes, providing very bright light which simulates summer sunlight, can help with the winter blues or SAD (Seasonal Affective Disorder). These boxes / light pods do not affect vitamin D levels but many sufferers of SAD find that daily use relieves them of depression, lethargy and other symptoms.

My way?

We are all different, with different diets, lifestyles and nutritional needs, but here are my ways to get through winter:

- I take 5,000 IU vitamin D3 a day. This is a maintenance level as my levels have generally been over 75 nmol/l when tested. I don't like taking too many individual supplements so taking just one high-dose one suits me.



- I eat lots of D-rich foods such as oily fish, mushrooms, and sprouted seeds, as well as plenty of fresh vegetables, some gluten-free grains, and chicken or nuts for protein. Do

check out my website www.sensitivefoodies.com for recipe ideas with these ingredients.



- From about the end of October, when the clocks have changed and the days get so much shorter, I use a Lifepod Light Box for half an hour in the mornings while I'm having breakfast or checking emails. Over the years, I'd been finding the winter months more and more depressing and this makes a difference to my energy and outlook.
- I see friends, preferably involving a hug and a good old belly-laugh to lift the spirits. The therapies and events at the treatment centre in Southwick often provide that too! See you there 😊

INFO BOX

The Swank MS diet is the oldest and best-known 'MS diet', it involves cutting down on saturated fat, dairy, meat and processed foods, and taking cod liver oil and a multivitamin / mineral supplement.

George Jelinek's Overcoming MS Programme is very similar to the Swank diet in terms of food recommendations, but includes supplementing with vitamin D, meditation, exercise and medication.

The Best Bet Diet is gluten-free, dairy-free, legume-free, and red meat-free; and nutritional supplements are also recommended (vitamin Bs, fish oils, enzymes and others).

Terry Wahls's Diet (the Wahls Protocol) is similar to the Best Bet Diet, but with 9 portions of fresh, preferably organic vegetables / fruit a day.

ABOUT KATHY KOHL

Kathy was diagnosed with MS when she was a student in 1985. She has been following the Best Bet Diet for about 6 years, and recently finished a Nutrition Diploma Course with CNM (the College of Naturopathic Medicine). Visit her website www.sensitivefoodies.com for recipes and tips for people on special diets such as the Best Bet Diet.

NB Kathy will be giving nutritional talks and consultations on the first Monday of each month at the MS Centre.

Telephone Alan or Jo at the centre for details.

Summer Fundraising Events Raise over £10,000!

At the beginning of July we had 6 runners take part in the London 10k run, a prestigious event with a course that takes runners through London's greatest landmarks. Although it was a blisteringly hot day, all the runners managed the course and have fundraised over £3600 for the Centre. See Martin's account overleaf.



In July we also hosted *relay around the park*; an all abilities sponsored walk, wheel and scoot event. Although it was nearly rained off, we relocated to the centre, and members and their families took part in a giant relay walk around the recreation ground. We also had a family friendly picnic at the centre which was very busy with members, friends, families and pet dogs all attending! Thanks to all the members of the centre who took on the relay challenge, well done for your hard work and help raising over £600.

September heralded the long awaited return of the MS Centre Abseil. 30 people gathered on a rather windy morning at Peacehaven Heights to take part in the abseil down the 130 foot drop from the cliff top to the seafront.



Many members of the MS Centre, plus their friends took part on the day, and sponsorship money is still coming in to the centre! So far the event has raised several thousand pounds and sponsorship money is still being received!



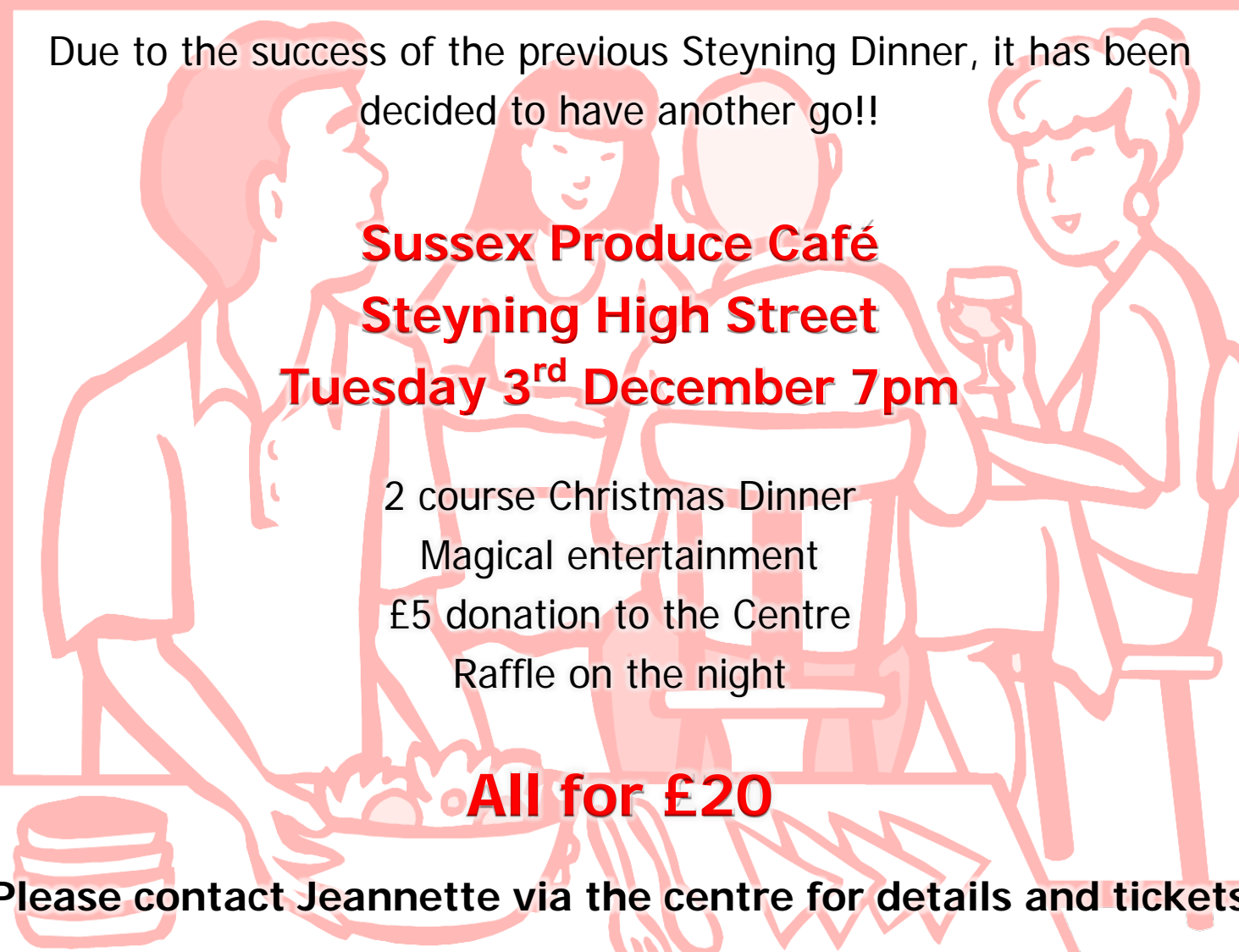
On a blustery day in September a select few gathered at Shoreham Airport for our annual Adur walk. High winds and stormy weather had been forecast for the afternoon so everyone was warned not to spend too long in the pub at lunchtime and to make sure they were back before the bad weather hit us.

The walk along the Adur up to Beeding is a beautiful one and our band of walkers made the most of the sunshine. Some had been in training for the event, some had turned out after a heavy night on the tiles, some had brought family and friends along to support them and some had brought their dogs to enjoy the walk with them. Everyone made it home in good spirits and on time, and

everything was packed away just as the rain started in earnest. We are grateful to all our walkers for their support and for the money they've raised for the Centre, still coming in but already in excess of £2000 - *well done everyone* - and I hope to see you all again next year!

Thanks also to Shoreham Airport for their support in providing us with a room and seemingly bottomless flasks of tea and coffee, and to all the volunteer marshals, sandwich makers, form fillers and equipment carriers - we couldn't do it without you.

We have also been overwhelmed by the support of members and friends of the centre this year who have organised their own fundraising events for us, from marathons, to bike rides, walks and triathlon's, stalls at fairs, reselling goods in the Centre, making cards... the list is endless; we want to say thank you to everyone who has done something for the centre in 2013.



Due to the success of the previous Steyning Dinner, it has been decided to have another go!!

Sussex Produce Café
Steyning High Street
Tuesday 3rd December 7pm

2 course Christmas Dinner
Magical entertainment
£5 donation to the Centre
Raffle on the night

All for £20

Please contact Jeannette via the centre for details and tickets

Let's make it an amazing evening!

A CENTRE MEMBER RECOMMENDS:

A centre member had a wonderful holiday in the New Forest and gave full marks to their accommodation.



They stayed at “Our Bench” accessible self-catering holiday cottages in Lymington on the edge of the New Forest National Park. There are 3 cottages all purpose built and fully accessible with a range of equipment which can be pre-booked.



For more details contact:

Our Bench, 9 Lodge Road, Pennington, Lymington, Hampshire, SO41 8HH

www.ourbench.co.uk

Telephone: 01590 673141 : Mobile: 07925 003925

Email: enquiries@ourbench.co.uk

Hello everyone! I'm Lourdes.

I'm a nurse and an occupational therapist. Maybe most of you are wondering why I am here now with all of you volunteering at the MS Centre? Nowadays, things in Spain are so bad that most of young people have to choose other experiences to avoid unemployment.

So I've decided to apply for a grant, looking for other opportunities and experiences and here am I now!

Trying to improve my skills with English and learning how

MS treatments work in the UK. I'm going to be here during 8 weeks, so I'm sure that all of this will be worth it. So I hope to learn a lot from all of you!



MS NURSES in our area

The MS Specialist Nurses' role includes offering support, advice, information, education and help to anyone with a confirmed diagnosis of MS. They can help with drug treatments, concern over symptoms, lifestyle advice and general information about MS. Don't hesitate to contact yours if you need advice.

At the moment the Crawley and Hastings areas do not have an MS Nurse, but the Health Authorities are currently recruiting.

Below is a list of our MS Nurses in Sussex:

Brighton	Stephanie Verry	01273 265887	stephanie.verry@nhs.net
	Nadia Abdo	01273 265887	n.abdo@nhs.net
Worthing	Lisa Black	07768 037088	lisa.black1@nhs.net
Eastbourne	Vicky Lester	07766998037	Victoria.Lester@nhs.net
Chichester & Bognor	Katrina Orchard	07768 145978	katrina.orchard@nhs.net
Horsham	Nadine Morley	01403 227000 ext 7669	nadine.morley@nhs.net
Uckfield	Gill Ferdinands	01825 769999	gill.ferdinands@nhs.net
Haywards Heath – to be appointed			

On the 29th November there will be a “**Newly Diagnosed Day**” at the Charmandean Centre in Worthing; contact Lisa Black for more info and to book a place.

The MS Nurses are holding monthly Sussex wide sessions for people choosing a Disease Modifying Drug such as Interferon or Copaxone. If you have had a discussion with your consultant about being prescribed a Disease Modifying Drug and are at the stage of choosing which drug, you can arrange an appointment with an MS Nurse to help find the right one for you. For more info contact Lisa Black.

For more information about what help and services are available see the MS Trust at www.mstrust.org.uk

Lisa Black, MS Nurse for Worthing will be at The Sussex MS Centre holding Drop-in Clinics from 9.30 am to 1.30 pm on:

2013: 12th November, 10th December

2014: 14th January, 11th February, 25th March, 29th April

COME ALONG FOR THE CRAIC



GET YOUR TICKETS FOR THE ST PATRICK'S DAY PARTY

MUSIC : IRISH STEW : LICENSED BAR : GOOD COMPANY

FRIDAY 21ST MARCH

ONLY £7.50

Adur Arts Trail



Members of our art group held another successful exhibition in June for the Adur Arts Trail. The Centre was open for three weekends



to showcase the work of our art groups, and members and their friends and family.

Carer's card in the event of an emergency

This may also be called a Carers Alert card or Emergency back up plan card depending on the local authority where you obtain it. The idea is the same. In the event of you, as a carer being out and encountering a sudden problem - for example, you could be taken ill or unavoidably delayed - the card alerts the emergency services to the fact that you have someone at home who depends on you as their carer.



If you do not already have a card the procedure for obtaining one is as follows:

In East Sussex contact Adult Social Care on 01273 778688 to enquire about the Emergency back up plan and card for carers

In West Sussex contact Chichester Care line on 01243 778688 or visit their website www.chichestercareline.org.uk to enquire about the Carer's alert card.

We always hope these things *don't* happen but by carrying the card you can have peace of mind that if they do, your responsibilities are made known.

Carer's Network

A meeting of the Carer's Network was held on Saturday 31st August. This is starting to be a regular feature at the Centre. This time there were 7 participants, hosted by Ruth, one of the Trustees & volunteers.

It was a very friendly and informal group who enjoyed coffee and delicious home made cakes along with their discussions. A wide variety of areas were covered as well as a reminder that all the Centre treatments, therapies, drop in sessions & social events, are available to Carers as well as the people they care for.

It was refreshing to find that everyone learned something from another person and that the group appreciated meeting - or seeing again- people in a similar situation to themselves. Just talking and sharing experiences and ideas can be very beneficial. Among the topics discussed the main highlights were as follows:

- Examples of what help is available from outside Carers organisations,
- Social services, CAB, MS society, MS head office, MS nurses
- Respite care / holidays - ideas on hotels and organisations for patients and / or their carers
- Ways in which travel by public transport can be made accessible for people with disabilities.
- Looking after oneself, diets and exercise etc.

If you are a Carer and would like to come along to the Network meeting please contact Ruth Schofield at the Centre. If you are a Centre member and would like your carer to get some advice and support, then please put them in touch.

CHRISTMAS LUNCH



at

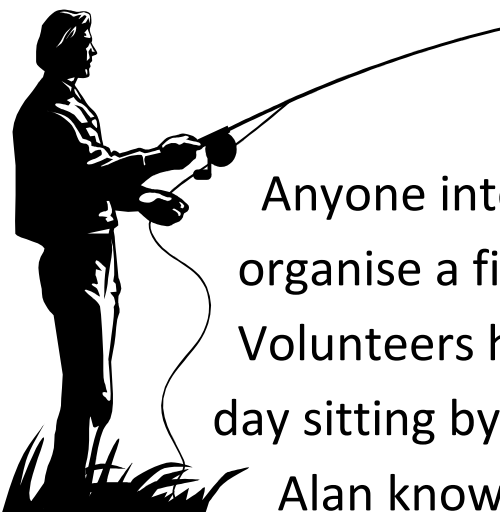
THE CENTRE

THURSDAY 5TH DECEMBER

GOOD FOOD; GOOD DRINK; GOOD COMPANY

LIMITED NUMBERS

£12 per person



GONE FISHING

Anyone interested in going fishing? We hope to organise a fishing day at Passy's Ponds near Shoreham. Volunteers have offered to help those not so able. So if day sitting by the lake drowning worms is for you, let Alan know.

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Therapies at the Centre

Monday	Nutritional Talks – Kathy (First Monday of every month) starting soon	
	Hairdressing – Caroline (every 6 weeks) starting soon	
	Chiropody - Pat	10am – 1pm (every 6 weeks)
	Shiatsu – Heidi - starting soon	11am – 1.15pm
	Drop in Pilates – Norma	1.15pm (1hr)
Tuesday	Craft Class short courses	
	11am - 1pm	
	Aromatherapy - Sophie	10am – 1pm
	Acupuncture - Pippa	10am – 2pm
	Shiatsu - Mary	10am – 1pm
Wednesday	Physiotherapy - Diane	11.45am – 2.45pm
	Drop in Keep Fit – Lyn	6pm (1hr)
	Shiatsu – Charlotte	10am – 2.30pm
	Massage/Reflexology – Mala	11am – 1pm
	Reflexology/IHM-Sonia	10am – 2pm
Thursday	Drop in Yoga - Julia	10.30am (90 mins)
	Drop in Tai Chi - Mo	1pm (1hr)
	Shiatsu – Mary	10.15 – 2pm
	Acupuncture – Pippa	10am – 2.30pm
	IHM*/Reflexology – Sonia	10am - 2.30pm
	Drop in Seated Yoga - Julia	12.00pm (1hr)
Friday	Drop in Pilates – Micci	10.30am (1hr)
	Drop in Keep Fit – Lyn	6pm (1hr)
	Shiatsu - Ian	10am – 2.30pm
	Osteopathy – Virginia	11am – 3pm
	Physiotherapy – Diane	2pm - 2.45pm
	Beauty therapies - Sarah	9.30am – 2.30pm
Everyday	Drop in Physiotherapy Gym - Diane	1pm (1hr)
	Drop in Voicework - Rose	11am (1hr)
High Dosage Oxygen Therapy – 4 sessions daily		
Counselling Please ask Alan or Jo for details		

***IHM = Indian Head Massage**

Suggested donations	HDOT £12
	Classes £5

**All individual therapies are £15, to be paid direct to therapist, except physiotherapy which should be paid at reception. Please note: Less than 24 hours' notice may attract a cancellation charge of £5
Please let us know in confidence if you need financial assistance and we will try to help.**