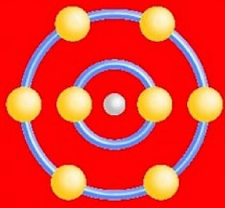


# Sussex MS Centre



**Sussex MS Centre**

Small charity, big impact

01273 594484

Southwick Recreation Ground

Croft Avenue

Southwick

West Sussex

BN42 4AB



Issue No 77

Winter 2016

***Small Charity - Big Impact***

**Pete Baker rode 'End to End' for us**



**and raised £11,600.**

**To find out why he took on this challenge,  
see page 12**

Charity Number: 801075

Company Registered in England 2319928



# Don Hawkins

We are sorry to report that Don Hawkins, founder member and first Chairman of our Centre, passed away on October 3<sup>rd</sup>. We all owe him a debt of gratitude.

Don's wife Paddy was diagnosed with MS in the early eighties, a time when one was simply told you had the condition and that nothing could be done so "go away and get on with it". Fortunately for us Don was not prepared to sit back and watch Paddy deteriorate without taking action. He had heard about Hyperbaric Oxygen Treatment being useful for slowing the progression of the disease and contacted ARMS (Action Research for MS) which was the first group to promote this treatment. He booked a church hall in Hove and placed adverts in the local press inviting people with MS to attend the inaugural meeting of what was to become the South Weald Friends of ARMS, later the Sussex MS Treatment Centre. Within weeks he had gathered a group of volunteers around him and within 18 months they had found a site in Southlands Hospital, raised the £45,000 needed to buy and install our Hyperbaric Chamber and appointed a manager. The Centre opened for business in February 1984. It was an extraordinary achievement and would have taken many years longer without Don's drive and determination.

Don was still chairman when the Centre was 'evicted' from Southlands. Again, Don's gritty determination came to the fore and he persuaded Adur District Council to lease us our present site and oversaw the purchase of our current buildings and the move.

Don retired from the Board of Trustees in 1993 but was guest of honour at our 25<sup>th</sup> anniversary celebration in 2009. He was very proud to have contributed so much and to see how the Centre has grown since those early days. Our best wishes and condolences go to his family.



## Manager's Comment

We were sad to hear of the passing of founder member Don Hawkins (see page 2.) Without his foresight, determination and incredible fundraising our wonderful Centre would not exist.

We have had some superb fundraising events recently including Pete's epic cycle ride, Shana's Mermaid carry and a lovely garden tea party. Due to the funds raised from these and many other wonderful events run by members and volunteers and successful bid writing this year we were able to reduce the cost of 'dives' from October and will maintain this reduction until at least the end of 2017.

We are really enjoying having Sophie, our Dutch intern, at the Centre. She has settled in to Centre life so well and has been a real asset and pleasure to work with. We will all miss her when she leaves in January.

Best wishes

*Penny*



### Sussex MS Centre

Volunteers don't get paid, not because they're worthless, but because they're priceless.

Sherry Anderson

Website: <http://mssussex.com>  
Twitter: @MSCentreSussex

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## Christmas Closure



The Centre will close Friday 23<sup>rd</sup> December at 3pm and re-open on Tuesday 3<sup>rd</sup> January.

## Classes & Therapies

Barbara's Craft  
Class

Every Monday

11 AM— 1 PM

Voiceworks  
from Rose

Every Friday

11 AM— 12 PM

These are drop in classes, so please call reception if you were thinking of coming for the first time 01273 594484

# Voicework at the MS Centre

Ever since I was a small child, singing was what I liked best. Happy or sad, Rose sings. So when Alan asked me, many years ago, if I wanted to run a singing group at the MS Centre, I was very excited. Not least, because I had just completed my training as voice coach with First Nature, and I was keen to see what I could do with it. I have not had a dull moment with these amazingly resilient, down-to-earth, brave and honest people who have put up with me every week, ever since. My thanks go to them and the Centre for keeping it all going!



I came to Voicework as a patient, or client, after I had lost my singing voice twice due to bereavement and illness. I trained as a voice coach, because I was totally astonished by how powerful and healing the work was. It also tied in well with my work and experience as a Shiatsu practitioner and Qigong teacher, and an avid scholar of ancient Chinese and modern Energy medicine.

Hence, on Friday morning from 11 to 12, we do not just sing, but get up to all sorts of other things, like throwing around imaginary balls and making funny noises. We learn songs, but we don't just sing through them. We make them our own. We use them to work on our breathing, our memory, our clarity of speech, our mind-body coordination, our hearing and listening skills, our sense of rhythm and our sense of humour. We improvise a lot. Indeed, we constantly practise spontaneous improvisation in a field of experience where it does not matter at all, if we have wobbly legs or sit in a wheel chair. When we stumble, it is only over a difficult sequence of words or a tricky harmony. When we fall, it is only out of rhythm or out of tune. We pick ourselves up, dust ourselves down and start all over again. No harm done! But a lot gained: resilience in the face of adversity and failure, tolerance towards ourselves - and others - realisation of our set ways, triumph over our fears.



With triumph over our fear to be less and less able to "perform" being the best of achievements, I think. And we have achieved it! Because we have come to a place, where we will sing at Sainsbury's in front of hundreds of people and not give a ....





There is now a vast amount of research that confirms the benefit of singing described above, and part of my work is based on it. The other part being the lust to sing, the urge to improvise and not stick to the "norm", the "done thing", and the amazement and joy that I feel when I see that a place like the MS Centre exists and survives.

Do come and try it out! The Centre, the therapies, the singing and the improvising with life.

*Rose Fuhrmann*



**Social Events**

Please note that due to getting the Centre ready (moving furniture and hot food) for each social event, we are only able to open the doors half an hour before the function.

# Sedan Chair Mermaid Charity Event

Raising £2652



In May 2016 my friend Leo Mumford, 29 from Brighton, decided to construct a Sedan Chair for me. I have Multiple Sclerosis and the chair is custom made to my wheelchair dimensions. On Sunday 31st July, I was carried in the chair from Brighton Pier to Hove Lagoon by a fabulous team of our friends. I was dressed as a mermaid. We have been sponsored by family and friends and had collection-buckets on the day.

Leo approached Martin Kiely, Carpentry & Joinery Lecturer at City College Brighton & Hove, with his idea. Leo was a student of Martin's studying Site Carpentry. [City College Brighton & Hove](#) kindly provided Leo with workshop space, supplied fixings and reused timber to construct the chair. We are extremely thankful to Martin Kiely and City College for their amazing support.

Professional theatrical prop-makers & sculptor Rachel Williams and Wendy Hall have beautifully decorated the chair in a regency / sea theme. Costume designers Red & Bex from Brighton based company, 'Red Blue Threads' have made the incredible costume.

I was diagnosed with MS 8 years ago, aged 28. I am now predominantly a wheelchair user and the support from the MS Centre has been a massive part of my life.

*Shana, Centre member*



# “Maureen and her art”



This is the second time Maureen joined the Craft Class. She likes it and everybody loves her work!

On Mondays there's a **Craft Class** with Barbara Drake, from **11 AM— 1 PM**  
Please call the Centre



Centre Tel. 01273-594484

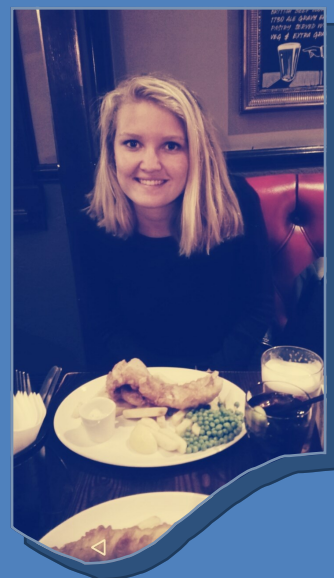
5 September was the day my adventure started. *Life begins at the end of your comfort zone.* For over a year, I knew that I was going to leave, *alone*, to do my internship abroad. My first day at the MS Centre was the opposite of feeling alone! There is not one moment I felt alone here, because of all the friendly and lovely people. I feel welcome, as everyone is welcome here!

I've learned a lot in the first few weeks. I even pick up the phone with confidence myself, because of the support from everyone.

Everyone: the volunteers, each member and each carer /partner supports the MS Centre, it is beautiful to see! I haven't experienced something like this in Holland, it is great to see that there is a charity like this.

*Life isn't about waiting for the storm to pass,  
It's about learning to dance in the rain.*

*Sophie Prins, Dutch volunteer intern.*



# Sponsored Abseil

**Thank you** to Phil, Noreen, Sam, John, Claire, Billy, Elizabeth, Carl, George, Bethany, Karl, Janet, Luke, Joe, Max, Sabrina, Michael, Jess, Joanna and Jenny who overcame their fear of heights and abseiled 115ft to raise funds for the Centre.

If you would like to take part in a fundraising event like this, please contact Hilary at the Centre.

Our next event is the Brighton Half Marathon and we have 4 places left, so do call if this appeals to you.



Sunday the 18th September was a beautiful sunny day, with a lot of great people who abseiled off the cliffs in Peacehaven.



## Good reports have been heard of..... a Styptic pencil!

It is designed to stop quickly any bleeding from shaving cuts or **any** small cuts – particularly helpful for people taking warfarin. Available from Superdrug, other chemists or from Amazon online. Approximate cost **£1.99**. If you find any other tips like this among the products you buy, please let the Centre know so they can be shared with other members.





Thank you to all who have helped raise funds for the Centre

*Maxine and Dan Muggeridge*



Thank you to the newly weds who kindly donated money from their very special day.



**Summer Tea Party**

(and much, much more) Alison and Simon Hughes with Centre member Debbie Scrivins, raised £2500. Our thanks also extend to Tim from the Village Meat Club who provided the BBQ and his services.



**A group of 13 National Citizenship Students not only volunteered at the Centre but also raised an amazing £1000 through their 24 hour gaming fundraiser.**



**Sophie Best who completed the North London Half Marathon .**



**Nick Chrisp who took on the challenge of the South Coast Triathlon**



**Sue Smith & Goring Manor Bowls Club**

So many friends and members have donated time to fundraising for the Centre. Thank you to all that have helped us this year with such enthusiasm and dedication.

# Arts Award for Centre Member



## Adam Reynolds Memorial Bursary 2016/17

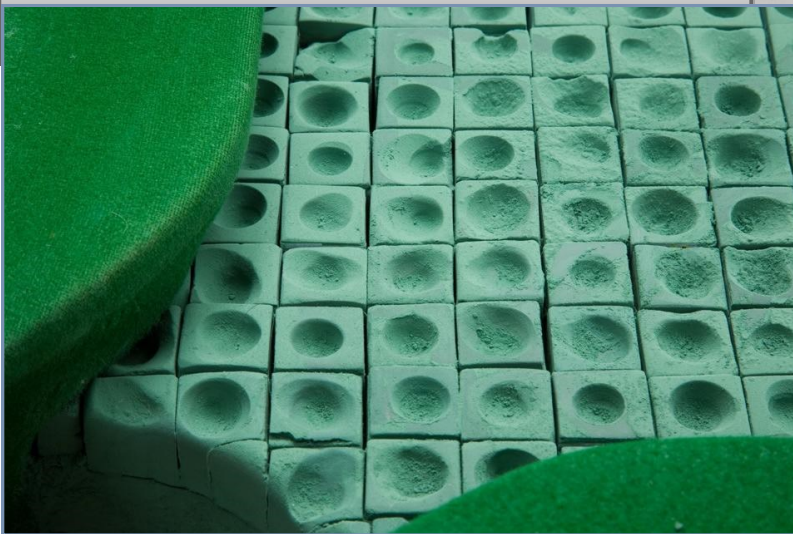
We're thrilled to announce that the successful recipient of the 2016/17 Adam Reynolds Memorial Bursary and accompanying three month artist residency, hosted by Turner Contemporary, Margate, is sculptor Oliver Macdonald! Oliver will receive a £7000 bursary and begins his residency at [Turner Contemporary](#), Margate in February 2017. The news was announced by Sir Nicholas Serota, current Director of Tate and soon-to-be Chair of Arts Council England, at the '[Friends of Shape](#)' evening reception at the National Theatre last night.

The ARMB, set up in memory of sculptor Adam Reynolds, supports mid-career disabled artists looking to develop their practice and build their profile by offering funds and a three month residency at a high-profile arts venue. Oliver was selected as the recipient of the ARMB by a panel made up of Tony Heaton, Shape's Chief Executive; Fiona Parry, Programme Curator at Turner Contemporary; Molly Molloy, Learning Officer at Turner Contemporary; and Terry Smith, who's an independent artist and curator. Originally trained as a basket weaver and wood carver, Oliver explores the act of skilled craftsmanship through a conceptual lens, examining and interpolating issues around disability and the art world such as exclusion, pointlessness, obsolescence and reverence. You can see more of his work at [www.olivermacdonald.com](http://www.olivermacdonald.com).

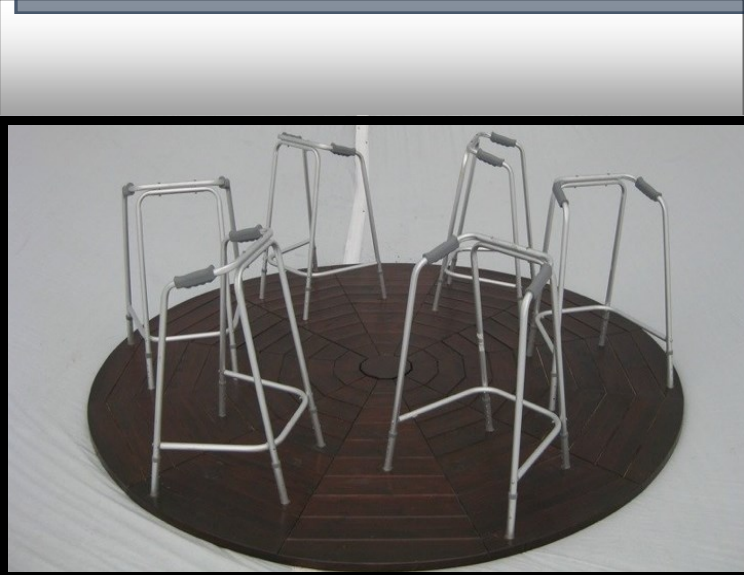
Oliver told us 'I am truly delighted to have been selected for the Adam Reynolds Memorial Bursary 2017, and I would like to thank everyone involved. It will provide me with a much needed opportunity to reinvest time and energy into my practice in an environment that supports and embraces the challenges that come with being a disabled artist. This is such an amazing and vital scheme that provides a practical solution to the needs of artists such as myself.'



You'll be able to visit Oliver and see what he's working on from February to April 2017 at Turner Contemporary, Margate.



"Thank you to all who have congratulated me regarding my residency. I will keep everyone at the Centre updated with my progress."





Centre member and volunteer Pete Baker went cycling from Lands End to John O'Groats in aid of Centre funds. Here in his own words is why he took on this tough challenge.

Many years ago in my 20s, as a county standard athlete, I dreamt of running the length of the country. Life, circumstances, i.e. 30 year police career, family, 4 children, meant the dream was put on hold, and if honest, forgotten. In 2003, my wife Judith was diagnosed with relapsing remitting MS, I found it difficult to deal with this, and if I'm honest I still do.

I retired from the police in November 2006 and had a 2<sup>nd</sup> career as a coach driver, with Regency Travel. During this time, I had more time to attend social functions at the Sussex MS Centre. Since then, I have been doing voluntary work at the Centre and met numerous people who have become my friends and inspiration.

In May 2015, I took part in the Shoreham to Slinfold fundraising cycle ride (25 miles), for the Centre, which rekindled my dream. Now too old to consider running the length of the country, let's make it happen on a bike!

So after approximately 10 months of training (thank you Simon); great support from Mark in setting up a fundraising site; a chance meeting with Merv (an ex policeman who lives locally, who also joined the adventure); and inspiration from Richard, fund raising events begun to happen, i.e. Sainsbury's, [Mile Oak farm](#), Adur boot fair, radio interviews, local paper and magazine articles, early sponsorship from family and friends and sponsorship from [Stan's bike shack](#) and [Freedom leisure](#). The day finally arrived.

Well almost... The journey down was horrendous, thanks to the great British railway system. I finally got on a train at Bristol, with help from my daughter Jade.

Day one – After a photo shoot and a briefing on a beautiful sunny day, I set off with 56 other people, including Merv and John. Safely navigated by good old garman and a group of guys who knew the local roads better than me.

Day two – The next morning we set off to Tiverton, still apprehensive and having planned everything for the ride, water bottles filled, kit laid out, only to reach down for the water bottles 20 miles into the ride to find out the racks were empty; they're probably still on the desk now. At least I remembered to put my kit on! No more dramas that day, just great memories cycling over Dartmoor where I used to take my children and do coach trips. Well, apart from Merv saying 'I used to live here' and 'there are no more hills', as we went up two of the steepest hills on the ride; and he said sorry I used to drive it and it seems different on a bike! The next couple of days took us from Tiverton to Chepstow and a beautiful ride through the Wye valley, and onto Shrewsbury.

Day Five - from Shrewsbury to Preston, with no signal on our various satnav devices, my memory is of a 5 mile jaunt around Shrewsbury before we finally found the main road for a 95 mile ride on a wet, horrible day to Preston. But after another night of recovery, it was time for our final day in England as we pushed on to Carlisle.

On into Scotland. Such a big place, such wonderful scenery which took me through Fort William and past Ben Nevis, where Jude and I walked many years ago. Onwards through Lharge, cycling the length of Loch Ness, not a monster to be seen; and eventually making our way across from the west coast to the east coast into Brora. Beautiful sunsets and beautiful sunrises. Two days left, Brora to Thurso, an amazing remote ride, including 30 miles through the northern Scottish moors.

My final night on the main road, in a rundown hotel in Thurso, before a half day ride to John O'Groats, on a beautiful crisp but cold day, taking in Dunnet Head, the most northerly part of mainland UK, before dropping into the harbour of John O'Groats.

Great support from family, friends and some unknown people for the whole trip, which has continued since I have arrived home (flight delayed from Inverness, but thanks to TJ and everybody at the Mile Oak, for the welcome home). The memories will live with me forever; current total raised approximately 11,600 pounds.



# 2017 MEMBERSHIP RENEWAL

is due for everyone on 1st January 2017

Preferred methods of payment are by card, bank transfer or standing order.



## CARD PAYMENT

In person at the Centre or over the phone.

## BANK TRANSFER

Bank: Lloyds

Account: Sussex MS Centre

Account No. 01813557

Sort code: 30-98-74



If you would like to pay by [standing order](#) please contact the Centre and we will send you a form.

Payments for HBO, classes, goods and anything except individual therapists appointments can be made by card or bank transfer. We still accept cheques or cash but other payment methods incur lower bank charges.

Hawaiian  
Ukulele  
fun



Aloha!



Social Events

Musical BBQ

## Chris Wing and his Challenge

Hi everyone, I'm Chris Wing, I have Primary Progressive MS and have been a member of the Centre for two years. Being aware that every penny counts to the Centre and wanting to help our community, I spoke to a very good friend of mine, Mark Chillcott.



Mark is the pro golfer at [Kingsnorth Golf Club](#) in Ashford, Kent and he jumped at the chance of fundraising for the Centre and offered to split the funds raised over the August bank holiday weekend between the Centre and the Children's ward at the local hospital. Unfortunately the weather played its part and with the bridge collapse on the M20, some celebrities were unable to attend and the foot fall was less than was expected. But I have to say it was still a fantastic day and what incredible people. Razor Ruddock, [Ben 'Duracell' Jones](#), Lee Hanning (Grange Hill), David Howells (Spurs), Perry Groves (Arsenal), George Gilbey (Gogglebox), Burtie Brayley (West Ham) all played golf and the amazing Bobby Davro had everyone in fits of laughter in the evening.

Ben 'Duracell' Jones has become a regular visitor to the Centre and I have issued him a challenge which you can see on the Centre Facebook page and on Twitter. It's something a little different which will culminate around Easter 2017. Everything raised will go to the Centre. It is our wish to raise awareness of the Centre and its worth to people with MS locally, and to try and raise awareness of MS both locally, nationally and globally, and who knows, we might succeed and I thank everyone for supporting the Centre and the Challenge.

If you would like to support this challenge, please go to the online Virgin Money Giving Account and type in Chris Wing. [Ever Ready Raspberry's fundraising page](#)



We work hard to keep our services here affordable for everyone by fundraising and we often get donations from community groups and businesses in the area. When we ask how they heard of us they always say that one of our members spoke up for the Centre. This just proves that you are our best asset for raising our profile within the county and it really helps support everyone involved with the Centre.



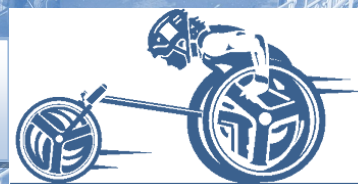
**Spread the Word!**

So please would you keep a look out for any opportunities when you are out and about? For instance, many building societies invite suggestions from their members for local charities to support so if you have a building society account, perhaps you could nominate us. Some of you will have family or friends involved with local businesses that have a community support policy so please don't be shy in putting our name forward! We are a fantastic charity, superb value for money and once people have heard how much the Centre means to us all they like to help us!

## Fundraising Events



**Race Day: Sunday 26 February 2017**



**We have 4 charity places left**

**Tel: 01273 594484 Email: [events@mssussex.com](mailto:events@mssussex.com)**