



# Sussex MS Treatment Centre

Southwick Recreation Ground  
Croft Avenue  
Southwick  
West Sussex  
BN42 4AB  
01273 594484  
[www.mssussex.com](http://www.mssussex.com)  
Charity Number: 801075



*-Small Charity-*

*-Big Impact-*

We are extremely proud to announce  
that on June 2<sup>nd</sup> the Centre was  
granted

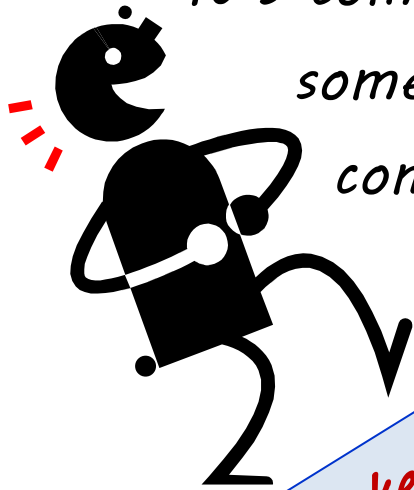


**Well done to each and every one of our volunteers!**

# YOU'RE AVIN' A LARF... AGAIN!

*It's comedy time again! Come along and enjoy some of Brighton's top up and coming comedians for an evening of stand-up.*

*Friday 27 September at 7pm.*



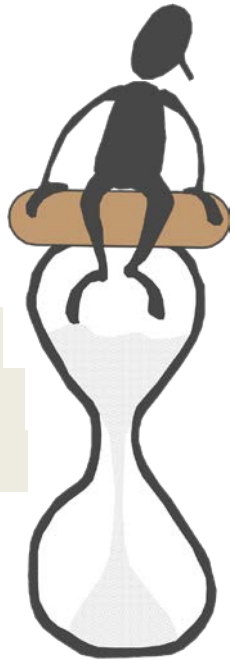
*Get your tickets now!*

- Only £5
- Includes bar snacks
- Licensed bar

## AVOIDING DELAYS

*Please ensure you arrive at the Centre **10 minutes** before any treatment. This avoids inconveniencing others.*

*If you are delayed, please telephone the Centre to let us know.*



## PARKING BAYS AT THE CENTRE

Regular visitors to the centre will have noticed that the car park now has neatly marked out car spaces, including a drop off bay by the front door.

Our thanks go to Christopher Fox-Walker who very generously paid the bill!

# MS CENTRE ART GROUP

## AUTUMN & WINTER TIMETABLE



Our next stained glass workshop starts on Monday 2<sup>nd</sup> September and runs for 9 weeks with the final session being on Monday 28<sup>th</sup> October. Then for the run up to Christmas, Barbara will be holding a Xmas Crafts workshop every Monday from 4<sup>th</sup> November to 16<sup>th</sup> December.

For more information contact the Centre



## HOLIDAYING IN CYPRUS?

Did you know you can keep up your HBO sessions while you are on holiday in Cyprus?

For more information contact Clive Martin at the Poseidonia Medical Centre Larnaca.

Phone: 00357 24 252501

Mobile: 000357 99 608123

[info@hbocyprus.com](mailto:info@hbocyprus.com)

[www.hbocyprus.com](http://www.hbocyprus.com)

## MS Centre Summer prize draw winners spend a day at Arsenal Football Club and what an amazing day it was!

Last year my uncle Mike Cocks won the Sussex MS Centre's summer draw top prize donated by Sue Shipp from Arsenal Football Club. The prize was for 4 people to visit the training facilities at London Colney to meet the players and have lunch. As a lifelong Arsenal fan he was absolutely thrilled and so was I when he decided to take myself my partner Martin and India our daughter along with him (he has always been my favourite uncle!). I have been a disabled member at Arsenal for many years and go to most of the home games and the opportunity was a dream comes true!



Our day started early on the 7th May as we had to be there at 8.15. Our guide was Tim who had been with



Arsenal for 11 years and took us through the entire facilities and managed to answer all of our questions with his vast knowledge of the club. It was such a unique opportunity to visit behind the scenes. Although tours of the Emirates stadium are open to any fans the training facilities are normally off limits. We were then lucky enough to wait in reception to meet the players as they arrived for training. They signed the shirts we had taken along and were happy to chat and pose for photos. We were then able to go outside to watch training which was fascinating for India as she has been football training at Westows in Hove since she was 2 1/2. After we had lunch and were able to meet the players that we hadn't seen before. Sue even arranged for Liam Brady to come up to meet us which literally made Mike and Martin's day as he was a hero to both of them! Our thanks go to Sue Shipp for donating such a fantastic prize and her continued support for the Sussex MS Treatment centre.



We had an unbelievable day and now India is officially the coolest girl in school!



# How can acupuncture help with MS?

## Part 2

Pippa Hancock  
MS Centre Acupuncturist



**Acupuncture is a traditional Chinese system of medicine which views the body as an energetic organism. The insertion of fine, acupuncture needles is used to correct energy flows to improve wellbeing.**

In the last issue of The Belle we looked at what acupuncture involves and how treatment had helped one Sussex MS Treatment Centre member. But what about the science behind acupuncture and the benefits it can bring to people living with MS? Whilst there is not a great deal of research, studies do suggest that acupuncture can help to activate the nervous system in ways that lead to the production of messenger molecules. This means the body's own healing mechanisms are stimulated (homeostasis) which, in turn, can improve physical and emotional well-being.

(<http://tinyurl.com/cbslros>)

Research suggests acupuncture can have a beneficial role in helping with pain and inflammation. One study for example by the Institute for Neuropathic Pain examined the use of acupuncture alongside a specific fatty acid. The study found acupuncture contributed to activation of cells within the nervous system that form myelin (the protective sheath around nerves that allows for messages to be quickly relayed) and protects brain cells.

(<http://tinyurl.com/c2xrvsj>)

Alongside pain and inflammation, acupuncture can help with psychological issues and some of the symptoms of MS. For example, another study with 31 people who had relapsing-remitting MS found acupuncture not only reduced physical pain but also helped with psychological symptoms such as depression. In addition, all 31 participants experienced better sleep, appetite, improved continence and less constipation. Three people also reported leg spasms disappeared.

(<http://tinyurl.com/augrv4n>)

Acupuncture, as a holistic form of therapy, has the potential to manage some of the symptoms of MS and improve levels of wellbeing and quality of life. Many people find acupuncture treatment brings benefits, and at the MS Treatment Centre low cost options are available to people living with MS and their carers.



Pippa Hancock is a qualified acupuncturist registered with the British Acupuncture Council. She has worked at the MS Treatment Centre in Southwick for over two years. She works in Southwick on Tuesdays and Thursdays. You can also find out more about Pippa's work on her website [www.hancockacupuncture.co.uk](http://www.hancockacupuncture.co.uk)

# Brighton Marathon 2013

This years Brighton Marathon was a fantastic success for all who took part on behalf of the Sussex MS Treatment Centre.

We were picked as the Brighton

Marathon's local charity partner for 2013 and received 5 extra free places for runners. This meant that we had a fantastic 20 people run in the event for us this year. We also gained the support of the Sussex Country Cricket Team, with Staff and Ex Cricketer Tony Cottey choosing to run for the centre, to help raise funds and promote our work.



On the day of the event it was a gloomy start at Preston Park early in the morning, but it soon perked up with plenty of sun and cheer for the runners. We had MS Centre members placed at key points on the route ready to cheer on our team. Many of the runners said what a difference it made to hear our supporters cheering there names and spurring them on, on their 26 mile challenge.



After the event we held a celebration at the Sidewinders Pub in Kemptown where friends and family of the runners came to join us in celebrating their fantastic achievement in completing the Marathon.



Months later and money from the sponsorship raised by the Brighton Marathon runners is still coming in to the centre and so far we have received just over £16,000 in sponsorship, which is a fantastic achievement for all that were involved.

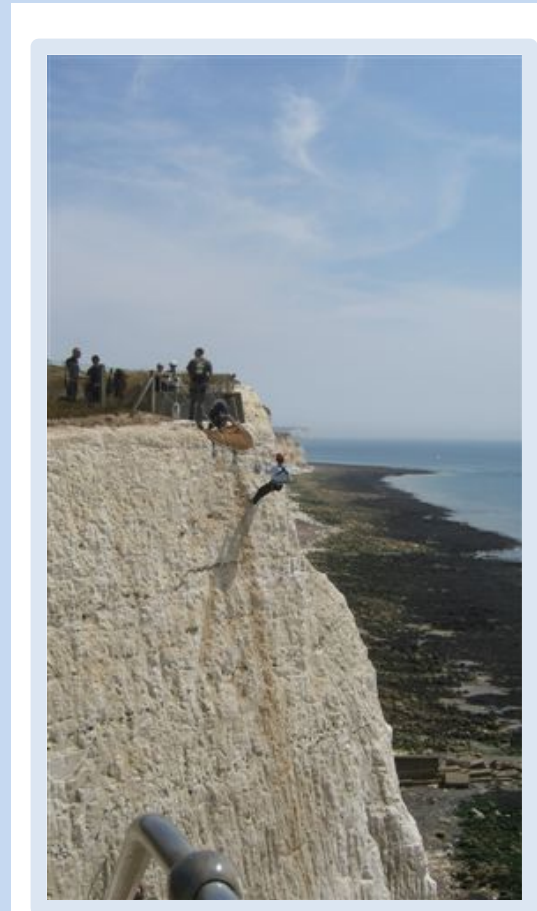
We will have places for runners in the Brighton Marathon 2014 and if you know someone who is inspired to run on behalf of the centre please tell them to contact us on 01273 594484 or to email

[events@mssussex.com](mailto:events@mssussex.com)

# *Sponsored* *Abseil*

Peacehaven  
Heights

Sunday September 8<sup>th</sup>  
(date to be confirmed)



An unforgettable experience!

Ring the Centre or email [events@mssussex.com](mailto:events@mssussex.com) for further details



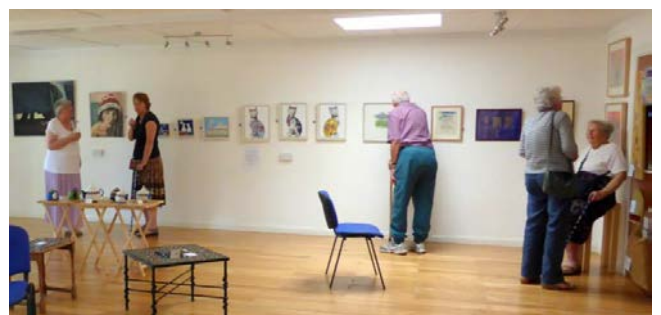
I enjoy going to the cinema but find it can be very expensive so I have been a member of The Cinema Exhibitors Association for many years. Since talking to other people at the centre I realise that some people are not

aware this is available to them. It is a national association that enables disabled members to get a free ticket for their carer or person who accompanies them to the cinema. It is available to anyone on DLA or registered blind. Simply apply online at [www.ceacard.co.uk](http://www.ceacard.co.uk). You just need to supply your DLA letter the completed application form a passport sized photo and the administration cost of 5.50. If you are a regular cinema goer this pays for itself the first time you go! It is accepted at all of the major cinema chains. I have also just joined the Odeon Premier Club which mean you can collect points everytime you go to the cinema to spend on snacks, drinks or tickets. When the average price for a ticket is 10 pounds this is a great saving on day/evening out!

Diana

## Centre Pieces 2013

Our creative members came into their own again, when they mounted a superb exhibition of paintings and craft work at the centre in June. On the first Wednesday we held a celebration party to showcase the work – the event was lifted by live music





provided by Alan and his friend Paul, and an accomplished performance by Centre member Matt, who read his poetry.



Stained glass dragonfly by  
Judy Baker

The exhibition included a wonderful display of work from our Creative Stitchery and the Glass Classes, run by Barbara Drake and Trudie Eason. Mike Mendoza the Chairman of Adur and his wife also attended the evening event.

Why not come along to a class, it's a great social as well as creative event! Details of the next classes are detailed elsewhere in this Issue.

Many thanks to all those involved.



## Seafront Scavenger Ride Success for the Centre as children and adults take part cycling 20 miles, solving clues and raising funds.

A great day was had by all on Sunday the 2<sup>nd</sup> of June when both family and friends of all ages took part in a Seafront Scavenger Bike Ride from Rossets Rental depot in Worthing to Peacehaven Sports Hall, solving clues and winning prizes along the way, whilst raising much needed funds for the centre.



There were plenty of amazing achievements on the day such as Paul Fletcher from Hove with daughters, Eva Fletcher, aged 9 Years, and Alice Fletcher, aged 5 years. Nine year old Eva cycled the entire distance of 20 miles under her own steam and Alice managed 13 miles under her own steam and the remainder connected to her



dad's bike. Both girls loved the experience and have been cycle mad ever since!

The rest of the cyclists who took part completed the route within 4 hours and successfully solved the scavenger hunt clues that were based on places of historic interest along the Sussex Seafront. Money from sponsorships is still being collected, but hundreds of pounds in sponsorship have already been raised for the Sussex MS Treatment Centre.



Our thanks go to Jo and Alan and all the volunteers for making it such a successful day and we received the most amazing support from local businesses: Rossetts provided transport for the event and many bicycle shops in Sussex, such as Giant, South down Bikes and Raleigh donated fantastic prizes for those who completed the Scavenger Hunt.

We hope that even more people will want to take part in the ride next year, encouraged by the great success of this year's event.

## Simply the Best?



Centre member Kathy Kohl has MS for 28 years and has been on the Best Bet Diet for about 6 years. Having studied nutrition for the past 4 years too, she's convinced that this diet really is the Best; she sees it as a way of life now, not a temporary 'diet'. Here she answers the questions people often ask her:

### What is the Best Bet Diet exactly?

It's a diet that avoids the foods that contain proteins which 'mimic self-proteins in the CNS'. These proteins can pass through the gut wall if leaky gut is present, and cause an auto-immune reaction such as MS. The foods to avoid are: gluten grains, dairy, legumes, margarine and trans fats, eggs and yeast.

Why did you start following the Best Bet Diet?

I knew something wasn't right with my digestion anyway, so I was open to trying a diet that may help with that. When I read Ashton Embry's explanation of the links between MS, leaky gut, and diet I became convinced that it was at least worth a try.

### How was it in the beginning?

I decided that if I was going to do it, it had to be 100% ... but it was hard in the beginning! Initially I lost weight as so many snack foods contain gluten, dairy or margarine and are therefore a no-no. Over time though, I've worked out tasty alternatives to what I used to eat. Nowadays, far from feeling that I'm missing out, I think my diet's much healthier, more varied and tastier than it used to be.

### How has the Best Bet Diet affected your MS?

As anyone with MS knows, it's hard to say exactly what affects what. I feel very lucky that I've had no relapses or new symptoms since starting on the diet; my walking is better, balance too, and I no longer get the MS hug sensation. I can't be sure that this is due to the diet but I'm sticking with it!

### Summer recipe: Best-Bet-Friendly Greek-ish Salad

Simply replacing the traditional feta cheese with avocado increases the levels of healthy fats and anti-inflammatory properties in this salad.

1 onion or 3-4 spring onions, sliced finely  
4 tomatoes, chopped  
½ cucumber, peeled and chopped  
handful of black olives  
1 ripe avocado, peeled and chopped  
1 tbsp olive oil  
1 tbsp lemon juice or apple cider vinegar  
1 sprig oregano or 2 tsp dried oregano  
salt and freshly ground black pepper

Put the onion, tomatoes, cucumber and avocado in a bowl with the olives.  
Put the remaining ingredients in a jar, put the top on, shake well and pour over the salad.

Read Ashton Embry's explanations of the Best Bet Diet on: <http://www.direct-ms.org/bestbet.html>

For recipes and tips on free-from alternatives to everyday foods, visit: [www.sensitivefoodies.com](http://www.sensitivefoodies.com)

Nutritional consultations and Best Bet Diet workshops with Kathy will be available at the Centre soon.

## Your Centre's achievements in 2012

Many of you work hard to help us with running the Centre, both by volunteering your time and working tirelessly to raise the £120,000 we need every year to open our doors. We are so proud to be here to offer support to all of you whenever you need us, so we thought we'd share our achievements of 2012 with you. Here goes...!



We offered Hyperbaric Oxygen Treatment, shiatsu, reflexology, acupuncture, physiotherapy, osteopathy, holistic massage, Indian Head Massage, and chiropody, and introduced beauty treatments at the end of the year.

- 2467 individual therapies were given.
- 5 people benefitted from a course of counselling.
- 179 people used High Dosage Oxygen Treatment, taking 3013 treatments.

We hosted 382 group activities, running weekly Pilates, yoga, physio-gym, 2 keep fit, seated exercise, Tai Chi, and voicework classes.



- Each session was attended by between 2 and 17 people and
  - a total of 93 individuals attended one or more activity.

Prices for all our services remained the same as in 2011, with the exception of HBO, when we suggested that donations increased to £15. We still continued to subsidise those in need, and those on the initial intensive course of treatment.

The Centre was visited by approximately 180 people each week.

We held eleven “out of hours” social events, with entertainers and catering. Each event was attended by between 34 and 76 members, carers or family members. We also held a scrabble afternoon.



We increased our coffee mornings where volunteers provide refreshments and service to two a week, and each morning was attended by between 18 and 32 individuals.



We hosted the MS Society Information Library, 4 drop in clinics with an MS specialist Nurse, and 3 with the Brighton MS Society Welfare Officer.

We held another art exhibition over 3 weekends in June as part of the Adur Arts Trail, exhibiting work by 21 of the artists and craft makers associated with the Centre.

We sent three newsletters out to all of you to keep you informed. We continue to send these to those who are not using the Centre at present to keep them in touch.

We continue to build our Facebook page which now has 272 members. And we strive to keep our website updated regularly. We think you'd be hard pressed to find another Centre that does all this for £120,000. Well done to all our volunteers and the staff who give so much of themselves to support you all.

## **The Autumn Quiz! With Cream Tea!**

*Sunday 29<sup>th</sup> September*

*2pm*



*£5*

# IDEAS NEEDED!



This treatment centre has been 'given' a stall at a monthly market in Steyning; all monies taken will go directly to the centre, so ideas of the use of this are be needed. I know a book stall would be do'able as I know there are a lot of these already at the centre. A very kind member has also offered some of her jewellery stock.

Volunteers would also be great – not necessarily for the whole day, for a couple of hours would be great.

The dates are:

20<sup>th</sup> July / 10<sup>th</sup> August / 7<sup>th</sup> September / 19<sup>th</sup> October / 30<sup>th</sup> November.

The Steyning Centre, Fletchers Croft, Church Street, Steyning, West Sussex, BN44 3XZ. 11-4pm

I can help out all apart from the first 2. Please contact Jeannette at the centre (you can leave a note in my tray behind reception) if you may be able to spare a few hours or can suggest how to fill the stall.

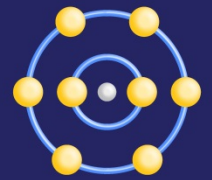
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## SURVEY WEEK

**Thank you** to everyone who visited the Centre in May and filled in the numerous forms! Preliminary checks show we were visited by 192 people that week! Many of you wrote fantastic comments, which will help us improve in the future, and attract funds from outside agencies.

Monday	Chiropody - Pat	10am – 1pm (every 6 weeks)
	Shiatsu - Mary	11am – 1.15pm
	Drop in Pilates – Norma	1.15pm (1hr)
	Craft Class short courses	11am - 1pm
Tuesday	Aromatherapy - Sophie	
	Acupuncture - Pippa	10am – 2pm
	Shiatsu -	10am – 1pm
	Physiotherapy - Diane	11.45am – 2.45pm
	Drop in Mens Gym – Lyn	4.30pm (1hr)
	Drop in Keep Fit – Lyn	6pm (1hr)
Wednesday	Shiatsu –	10am – 2.30pm
	Massage/Reflexology – Mala	11am – 1pm
	Reflexology/IHM-Sonia	10am – 2pm
	Drop in Yoga - Julia	10.30am (90 mins)
	Drop in Tai Chi - Mo	1pm (1hr)
Thursday	Shiatsu – Mary	10.15 – 2pm
	Acupuncture – Pippa	10am – 2.30pm
	IHM*/Reflexology – Sonia	10am - 2.30pm
	Drop in Seated Yoga - Julia	12.00pm (1hr)
	Drop in Pilates – Micci	10.30am (1hr)
	Drop in Keep Fit – Lyn	6pm (1hr)
Friday	Shiatsu - Ian	10am – 2.30pm
	Osteopathy – Virginia	11am – 3pm
	Physiotherapy – Diane	2pm - 2.45pm
	Beauty therapies - Rebecca	10am – 3pm
	Drop in Physiotherapy Gym - Diane	1pm (1hr)
	Drop in Voicework - Rose	11am (1hr)
Everyday	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. <b>Please note:</b> Less than 24 hours' notice may attract a cancellation charge of £5		

# THE SUSSEX MS CENTRE ADUR WALK



The Sussex MS  
Treatment Centre

Small charity, big impact

## Sunday September 15th

Shoreham Airport, along the banks  
Of the River Adur to  
Upper Beeding  
and then back again.  
approximately 9 miles

Tea, sandwiches and a bar at the  
end, and a couple of great pubs half  
way!

Ask at the Centre or ring  
us on 01273 594484 for  
details and a sponsor form



Thanks to

**SHOREHAM (Brighton City) AIRPORT**  
SUSSEX

For hosting the event