

Welcome to your group newsletter for May 2022. We hope you are all well and have been able to enjoy the unexpected warm, sunny weather over the past couple of weeks, especially over Easter.

We have 2 important events coming up this month.

Retford Charter Day on Bank Holiday Monday 2nd May Retford Town Centre and Kings Park. 10am - 4pm. This year, we will be much easier to find, just keep a look out for an arch of orange and white balloons situated to the best of our knowledge on Carolgate. That is the plan so far and any updates will be shared.



We'll be there with our orange collecting buckets, freebies, Stop MS balloons, leaflets advertising our **Cake and Coffee Fundraising Morning**, our community cookbook and information about the group and the society.

There is still time to offer help if you wish to do so.

To enter into the spirit and excitement of things we would love for members to come to **Retford Charter Day** wearing their **MS Orange T-Shirts** to highlight our presence in the town and the important part we play in the Retford/Bassetlaw areas by providing practical support for people affected by Multiple Sclerosis.

The event starts at 10am and as always there will be plenty to see and do for young and old alike. One of the highlights later in the day is the now famous Duck Race organised by our friends Retford Lions with cash prizes for the lucky winners. Retford Charter Day is certainly a good family day out.



There is just one thing we are asking all of you to do - keep fingers crossed please, for good weather!

Cake and Coffee Fundraising Morning

Friday 6th May at The Well Hospital Road, Retford, DN22 7BD, 10:30am to 12pm. Bring family and friends and help raise funds towards helping local people with MS. There will be homemade cakes on sale from the group's lockdown **Retford Community Cookbook**. A chance to win on the Tombola stall and of course refreshments.



Cake & Coffee Morning

The last few copies of the **Community Cookbook** ideal for Birthday and Christmas presents will also be available to buy.

If you would like to donate a cake or other confectionery for the cake stall or provide last minute tombola prizes please contact Pauline for cakes by telephoning 07590 839 528 and for tombola prizes please call Carole on 0794 401 9666 .

Again we are asking members to wear orange T shirts for the event!

Important Message From Adrienne Cox Bassetlaw Neuro Nurse

There will be some changes to the service from August 2022 as I will be retiring from being full time and returning to work 3 days a week on Mondays, Tuesdays and Wednesdays only.

On 1st May, I will have to hand my mobile phone in and will probably be given a new number so only health professionals will be able to leave messages for me.

Patients will have to contact the Single Point of Referral number so calls can be recorded.

Text messages will not be answered.

This message is to help you all get used to calling the Single Point of Referral number 01777 274422 only, before I reduce my hours.

Thank you Adrienne

What An Adventurous Group We Are!

Last month we went flying and on Thursday 11th August we have an opportunity to go sailing, but you will have to be quick to apply as numbers to do so are bound to be limited.

Oceans of Hope

Oceans of Hope, (charity number 11080234) was founded by people with MS to create a safe and fun sailing challenge for other people with MS.

It is a chance to experience a free day's sailing and no previous experience is necessary.

A hoist is available and you will be sailing in Hansa access 303 accessible boats. You can learn how to sail or improve your sailing skills and have a fun day out on the water, meeting and sailing with other people living with MS.

If you would like an application form online or a paper copy, get in touch with Barbara and then complete ASAP and forward or post to: Swarkstone RYA Sailability Club, Ingleby Lane, Ticknall, Derby, DE73 1JB

Please let us know once you have had confirmation of a place ASAP. retford@mssociety.org.uk 01777 860 674.

Offers of transport have been made from fellow members. If you need assistance you must bring someone with you to do so.

In the event enough people with MS wish to take part, we will consider hiring the wheelchair friendly coach for the 11th August, and make it a family day out for the group. Have a chat with fellow members and encourage others with MS to give sailing a go.

What an Amazing Experience!

Big thank you to everyone who made our day out together at iFLY so enjoyable.

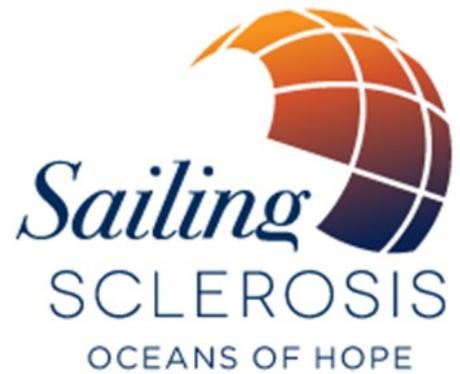
After an early start, we arrived at iFLY ready but maybe a little apprehensive as to what we had let ourselves in for. Our 15 flyers, mainly people with MS, had an age range from 11 years to very nearly 80 year old.

We were split into 2 teams and donned (teamwork definitely needed here) in flight suits, crash helmets, goggles and supplied with earplugs, while we waited our turns to fly - watching those that went before us and questioning if we would be as good.

Some of us were, some of us were even better - and we all completed 2 sessions in the wind tunnel, some reaching dizzy heights while others preferred to stay closer to the ground. Our group of spectators watched throughout, taking pics and videos of all who took part.

Our journey back after we had sought refreshment, was full of exchanges of flight experiences, an unconventional way of entering the wind tunnel, and pics and videos were shared, though the flight attire and the speedy manoeuvres made it difficult to tell who was in flight at any one time and some of us only recognisable by our shoes!!

Once back in Retford and to complete our adventure, a meal together at The Chequers Ranby was very welcome. Well done everyone for not letting MS get in your way of doing something out of the ordinary, and most of all enjoying yourself. Suggestions needed for another adventure please!



Events in May...

Monday 2nd May Retford Charter Day 10-00am

Friday 6th May Cake and Coffee Fundraising Day 10-30am -12pm

Activities on Zoom

Follow the appropriate link and ask to be involved.

Monday Quiz at 11am retford@mssociety.org.uk

Breath Awareness at 1:30pm sitara64@outlook.com

Tuesday Aqua Exercise and Swim at 11am retford@mssociety.org.uk

Wednesday Tai Chi at 10am sbradley2460@aol.com

Coffee and Chat retford@mssociety.org.uk

Men Only retford@mssociety.org.uk

Thursday Neuro Pilates clinic@physiopilatesretford.co.uk

Friday Quiz on Zoom at 11am retford@mssociety.org.uk

Friday Seated Dance on Zoom at 2pm retford@mssociety.org.uk

Face to Face Sessions

Aqua Exercise/Swim for people with MS who can no longer cope with mainstream swimming.

Please contact retford@mssociety.org.uk or 01777 860 674 for details.



Coffee, Cake and Chat Mornings take place on the first Friday in the month unless otherwise stated at The Well Hospital Road Retford DN22 7BD 10:30am - 12pm.

If you are yet to visit this lively event and unsure what to expect please contact 01777 860 674 or email retford@mssociety.org.uk for details and a warm welcome to do so.



Tai Chi is now available to suit all ability/disability at MyGym Retford by arrangement with Stewart Bradley PT (Brad) who is a qualified neuro conditions personal trainer.

Contact sbradley2460@aol.com MyGym has full disabled facilities and parking nearby.



Neuro Pilates for more details please contact Jo Pritchard at the Retford Pilates Clinic 07543 944 938



Forthcoming Events later in the Year

Sailability at Swarkstone in Derbyshire on 11th August

Fashion Show at M&Co Retford in October (date yet to be fixed)

Useful Numbers and Confidential Support

There is no shame in asking those who will listen and offer help

Action Centre	Self help groups	01777 709 650
Bassetlaw Car Scheme	Appointments and shopping	01777 709 650
Carers Space Notts	For information and support in Nottinghamshire	07966 391 612
Debt Advice and Counselling		0800 689 903
Bassetlaw Food Bank		01909 533 533
Group Helpline	Information only	01777 860 674
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
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	

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	

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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 0808 800 8000
Multiple Sclerosis Society
Registered charity nos. 1139257
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