

## Newsletter - June 2022



### **Volunteers Week – 1<sup>st</sup> to 7<sup>th</sup> June**

We want to say a huge thank you to all of our volunteers all day and every day but especially this week as it is Volunteers Week 2022! We currently have 8 volunteer trustees, 16 volunteer oxygen operators, 7 volunteer receptionists, 3 volunteer physio assistants, 2 volunteer lunch club helpers, 3 volunteer gardeners, 2 volunteer buddies, 2 volunteer administrators, 1 volunteer therapist and 18 volunteer charity shop staff. And with the return of Glastonbury Festival, we have 30 volunteers going to support the event this month and raise funds for our Centre. That is a whopping total of 92 volunteers! How lucky are we! Thank you very much to you all, we couldn't run this charity without you. ❤️

### **Lunch Club Wednesday and Thursday 12.30pm**

Before lockdown we hosted a lunch club here in the Centre on a Wednesday and a Thursday at 12.30pm for all members and their carers. Starting at 12.30pm we supply bottomless teas and coffees, fresh sandwiches and cakes all for £4.00 each. We will be hosting a lunch on Wednesday 7<sup>th</sup> and Thursday 8<sup>th</sup> June and every Wednesday and Thursday after that date. This is a great way to meet other members and just relax in the Centre without coming in for a therapy. Everyone is invited.

### **Please arrive for your oxygen 15 minutes before the start of the session**

Can we remind you that you need to be in the Centre 15 minutes before your oxygen session starts. For example, if your oxygen starts at 11.15am please be here for 11am etc. We ask all of our members to arrive 15 minutes early in order to fit in wheelchair users comfortably.

### **MS Golf Day Success! Photo of Rosie, Woody and Stephanie Millward**

A very big thank you must go out to Ian Wood who organised a wonderful MS Golf Day at Cumberwell Park Golf Club! Thanks Woody, a wonderful day was had by all...

### **New Volunteer Coordinator**

We are delighted to welcome Portia Williams to our team as our new Volunteer Co-Ordinator. Portia lives in Warminster with her family and is now using the email address [volunteering@wessexms.co.uk](mailto:volunteering@wessexms.co.uk). If you or someone you know would like to talk to Portia about one of the many volunteering roles available at the Centre, you can call her on 01985 217728

## **Lifts to and from Bath wanted – Sian Webster 07532 812937**

Do you live in Bath and come to the MS Centre? One of our members is looking for a lift from Bath and is looking for some support until the end of July. Please call her if you can help.

## **The Hope Programme – for people living with MS**

Hope for the Community CIC are running free online group self-management course called the Hope Programme.

Do you want to enhance your resilience through these difficult times, rediscover strengths and increase your ability to cope? Free 6-week course facilitated by trained community volunteers with lived experience of MS. Visit [bit.ly/HOPE-MS-2022](https://bit.ly/HOPE-MS-2022) to sign up or find our more information.

## **Pilates one-to-one from the Pilates teacher Jane – call Jane on 07773553327**

Our truly inspirational Pilates teacher Jane Langley is now offering one to one session on a Friday from 12noon in the physiotherapy gym. This session ensures you get undivided attention and instructions to help with core strength, balance and muscle resistance.

## **Celebration Ball – Friday 30<sup>th</sup> September 7pm Warminster Civic Centre**

We want to celebrate getting back to the 'new normal' by hosting a grand Celebration Ball in the autumn. We are currently acquiring fabulous prizes for the auction and we will be able to share the delicious menu choices when confirmed. There will be a big auction, raffle, dancing, and a live band, all here in Warminster. Everyone is invited, the more the merrier and tables of ten will be available. If you want any more information call Amanda on 01985 217728

## **Volunteer Wanted - Physio Assistant**

We are still looking for one more volunteer to join our physiotherapy team on a Thursday, no experience needed as full training will be given. We are very grateful to the four people who are now in training to become oxygen operators. If you would like to be considered for this role, or you know of anybody else who would like to volunteer for us, call Rosie on 01985 217728

## **Gardening Club**

The gardening club is busy planting for the summer, and they are looking for some more members to join them. They meet every Monday at 1.30pm and everyone is invited. Just come along on the day and help us to keep our beautiful therapy garden looking wonderful. No experience necessary, wheelchair accessible.

## **Richard Southwell Memorial Monday 20<sup>th</sup> June 12.30pm Salisbury Cathedral**

### **Therapies and contact details**

**Foot Clinic** Kirsty Withers - 07507 708954

**Physiotherapy** – if you have MS and you would like regular physiotherapy, please call Rosie on 01985 217728 and she can make a referral.

**Oxygen Therapy** – if you have MS or any other condition and you want to explore oxygen therapy, please call Sarah Williamson 01985 217728

**Touch Therapy** – call Zebs (Sarah Zebedee) 07977 255151

**Massage Therapy**- Stephanie is in on a Tues, Wed and Thurs 10am to 2pm. 07746 798684 – Stephanie now also offers Reiki and Myofascial Cupping...

**Reflexology** – Bev works on a Tues, Wed and Thursday and brings deep relaxation through her gentle work on the feet and lower leg. Call Bev on 07401 266640

**Citizens Advice** - Eriko James (Wiltshire only) [erikojames@citizensadvicewiltshire.org.uk](mailto:erikojames@citizensadvicewiltshire.org.uk). Or Telephone 07376 055865

**Pilates** – Friday morning at 11am. Ask at reception for availability.

**Counselling** –If you would like some support from our counsellor. Call Lisa on 07805 623153