



MK Multiple Sclerosis Therapy Group Ltd

MS Therapy Centre
4 Hollin Lane
Stacey Bushes
Milton Keynes
MK12 6HT
☎ 01908 225907

e.mail: mkmstherapygroup@btconnect.com
www.mkmstherapygroup.btck.co.uk

NEWSLETTER November 2016

Hello Everyone

After a lovely October with the most glorious autumnal colours on show, it has suddenly become a bit chilly! Still, it is November so what can we expect? Warm scarves and gloves will have to be dug out from somewhere... This is our last newsletter of the year so I would like to wish everyone a great Christmas and New Year. I can't quite believe it will be 2017 in a few weeks! Before the year ends there are a few things that we need to let you know about so please read on.



Christmas Raffle

This year we are not doing the Community Foundation Car Raffle. Last year the effort far outweighed the benefits so we decided this year to just do our own small raffle. This will be an in-house raffle that we will draw on the final day we are open, so please buy tickets when you come in (£1 a strip of cloakroom tickets).



Christmas Closing Dates

We will close for Christmas on **Friday 16th December** and we will reopen on **Tuesday 3rd January 2017**.



Quiz

Another successful quiz with a fish and chip supper was enjoyed at Simpson in October. Many thanks once again to John and Sue Napleton and their friends for organizing the event and donating the proceeds to us. Thank you also to all of you who took part in a fun evening. We raised £567.60 which is an amazing amount. Thank You! We have already set a date for next year's quiz so put a note in your diary and start revising for **Saturday 4th November 2017!**



Donation

Many thanks to Lynne Richardson for donating £619.92 to the centre. We are extremely grateful for your kind donation.

Appointment Times

Some members have said they feel they are losing out on the time they have for a therapy because of time needed to prepare beforehand and dress afterwards. We'd like to clarify that your forty minute appointment is inclusive of ten minutes for getting ready and getting dressed afterwards, so everyone gets a minimum of thirty minutes of treatment. Our therapists will always give you the best treatment possible in the allocated time.



Cancellations

Whilst we're on the subject of appointments, we ask you again to please give us some notice if you need to cancel your therapy, so we can try to fill the available slot. We understand that sometimes you might not know until the day that you can't make it. But if that's the case, please LET US KNOW if you're not coming. It's getting to the point that we will have to start making a charge for no-shows so please pick up the phone and call us if you can't come.

Cinema Card

Some of you may remember us telling you about a card you can get that allows free entry for the person who is accompanying you to the cinema. For a fee of £6.00, if you meet the requirements, the CEA card is available to buy online or by post. To apply online go to www.ceacard.co.uk. We have some forms at the centre if you would prefer to fill in a paper form and apply by post. Please ask for a copy.



Snow and Ice

We would like to remind you that in the event of bad weather, the centre will be closed. We must consider the welfare of the volunteers who run the centre and the safety of all our members. We can only apologise for any inconvenience this may cause, especially due to the unavoidable short notice. We advise to call the centre, if there is snow or ice, to ensure that we are open.



Centre Opening Times		HBOT
Mon	9.30 a.m. - 2.00 p.m.	9.30, 10.30, 11.30
Tues	10.00 a.m. - 12 noon	10.00, 11.00
Wed	10.00 a.m. - 12.30 p.m. 5.00 p.m. - 8.00 p.m.	10.30, 11.30 5 p.m., 6 p.m.
Thurs	10.00 a.m. - 12 noon	10.00, 11.00
Fri	10.00 a.m. - 2.00 p.m.	10.30, 11.30

Directors: Roz Heredia, Chris Nalton, Jan Bohn Tel: 01908 321119

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