



MK Multiple Sclerosis Therapy Group Ltd

MS Therapy Centre

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NEWSLETTER September 2016

Hello Everyone

I hope you enjoyed the summer. It always seems to go so fast and all of a sudden it's Halloween! This summer the centre has, as usual, been very busy with old and new members and we've got a busy autumn coming up.

AGM 2016

Our Annual General Meeting will be on Monday 3rd October 2016 at 1.30 pm. This is the meeting when we elect our committee and officers and review the year's events. We really would like new people to try to make it to this year's AGM. There is only so much that our existing volunteers can do and this year we are going to lose the valuable services of one of our key volunteers so there will be a big hole in the administrative running of the centre. Please think about stepping up if you can offer any of your time to enable the continued smooth running of the centre that you all value so much.

Fish and Chips Quiz Night



We are helping to organise a quiz evening at Simpson. If you are coming to the event,

bring your own drink - tea and coffee are provided.

Wheelchair access to the hall is by ramps and there is an excellent disabled toilet facility. Parking at the hall is extremely limited but there is ample parking near the church 150 metres away.

Raffle Prizes

We are asking for raffle prizes for the quiz in October and for our Christmas raffle. If you have anything you can donate we would be very grateful.

Oxygen Chamber Service

A reminder that the oxygen chamber will be having its annual service on **Wednesday 12th October 2016**. All the morning sessions on that day will be cancelled. The evening sessions should still be able to go ahead but it is possible that oxygen sessions will have to be cancelled at short notice. Other therapies will still go ahead as normal.

Donations

Huge thanks to TSB Milton Keynes for choosing us as their charity last year. As a result of their fundraising efforts, they were able to present us with a cheque for



£686.10. Andrew and Emma from the branch came to the centre to present us with the cheque. Many

thanks to all the staff and customers.

We would like to thank Matt, Steve and



Chris who recently swam the English Channel in relay and

raised money for the centre. They swam it in 13 hours 35 minutes. This was an amazing achievement and we are very grateful for the donation.

So far they have raised over £200.

Thank you Val Richardson for raising over £600 for us here at the centre. That is absolutely fantastic and we are extremely grateful.

Payments

Sorry to go on about it, but can we remind you about our payment structure. There is a MINIMUM payment of £20 for people with conditions other than MS (£15 for members with MS) for any week that you have oxygen or other therapy. So if you have one or two oxygen sessions it is £20. Or if you have therapy (eg massage) and no oxygen, it is still £20. Additional oxygen or therapy is extra.

The costs are all laid out on our website: <http://mkmstherapygroup.btck.co.uk/Changes> Please ask if you're not sure.

Electronic Devices

We no longer allow any electronic devices in the chamber. Recent fires caused by batteries in electronic devices have highlighted the dangers and the risk is not worth taking. This is for the safety of all our members and we must follow the instructions of our insurers so thank you for your cooperation.

Christmas Lunch

I know it's only September, but we have already booked our Christmas meal. It will be on Tuesday 6th December at the Prince George in Tatternhoe. Menus are at the centre for you to choose what you want. A £10 deposit is required when you book.

Shiatsu Therapy

Paula Rothwell, a shiatsu therapist, is available to give treatments if members are interested. She has already run some sessions on a Wednesday evening and we have had favourable feedback. Let us know if you would be interested in having this therapy.

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

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