



# 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](mailto:mkmstherapygroup@btconnect.com)  
[www.mkmstherapygroup.btck.co.uk](http://www.mkmstherapygroup.btck.co.uk)

## NEWSLETTER March 2017



I love it when the clocks go forward every year. Light evenings and, with any luck, warmer weather, as spring is in the air. We've already signed up several new people this year so we welcome all our new members. To all our members, old and new, I have to bring to your attention (again!) the need for volunteers. In August this year, after 24 years of sterling service, Jan will be stepping down as a volunteer at

the centre. She does so much of the administration work involved in running the centre that we are in serious danger of not being able to function properly once she has left. We still need volunteers who can train as HBO operators so that our existing operators can help in the office, so please come forward if you have any time. We won't bite!

### Easter Closing Dates



We will be closed on  
**Good Friday 14<sup>th</sup> April** and  
**Easter Monday 17<sup>th</sup> April.**  
Enjoy your chocolate!

### Open Day

It's nearly time for our annual Open Day when we celebrate our centre and the years of providing therapies to the community. Please come along for refreshments and the chance to meet health professionals, other members and all our volunteers. The date is **Friday 12<sup>th</sup> May 2017, between 11am and 2pm.** We will be holding a small raffle for open day so bottles of wine to put in it would be welcome. We have several other prizes, though, so there's no need for anything significant. Tickets are on sale at the centre.



### Donations

We would like to thank John Wood, who donated £585 on behalf of Healing and Harmony. We are very grateful for this extremely generous donation. For more information on the organisation, visit [www.tama-do.com](http://www.tama-do.com)



### Subscriptions

Quick reminder to anyone who hasn't yet paid their subscription fee for 2017. The annual subscription is still £20 so please pay by putting the money in an envelope and writing your membership number and 'Subs 2017' on the outside. If you prefer to pay by bank transfer or MyDonate, please let us know when you have made the payment.  
Thank you.

## Cheques

We sent an email in February to let you all know that the bank have tightened up on the payee name required on any cheques we are given. To reiterate: cheques must be made payable to **MK Multiple Sclerosis Therapy Group Ltd**. If this is too much to fit in, we have a stamp you can use that is kept at the reception desk in the centre.



## Missed Appointments

We would like to remind you again about missed appointments. If you don't turn up for an appointment or you cancel with very little notice and we are unable to fill the slot, we still have to pay the therapist for the session. So please bear this in mind and always give us as much notice as possible if you have to cancel. We can't afford to pay for unfilled sessions and it can also mean you are denying another member the chance of having therapy.

## Masks



They've been the same price for some time, but the cost of the Profile Mask has now gone up to £70. This is only a small

increase so we hope it will not cause a problem for anyone. As before, if you would like to order a mask, please inform the person at the desk or in the office.

## CIL Workshop - Adult Social Care

The CIL are running some workshops at the Church of Christ the Cornerstone on the costs of adult social care. These will be on Thursday 30 March, Friday 31 March, Thursday 6 April, Friday 7 April. Please let us know if you would like to go.

## Session Depths

Please be aware that the first session every day is reserved as a possible 16ft dive. All new members with MS need to have at least ten 16ft sessions. After that they can decide which depth to go to if others are agreeable. Members with other conditions will always start with a 16ft session and then can choose their depth. This means that the first session of the day is reserved as a possible 16ft dive so that new members can do their 16ft requirement. Please ask if you are not sure.

## First Tuesday Club

Geoffrey Leaver, the company who recently gave us a very generous donation, have invited our members to attend their First Tuesday Club at the Taipan in Milton Keynes. This is a group that looks into fundraising ideas whilst enjoying a Chinese meal. Two of



our members have already been along and if anyone else would be interested in going, please let us know.

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**  
**Mk Multiple Sclerosis Therapy Group Ltd**

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