



MK Multiple Sclerosis Therapy Group Ltd

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NEWSLETTER March 2018

What a very cold start to 2018! The effects of the Sudden Stratospheric Warming (we've all become experts these days!) have given us temperatures we haven't experienced for a while. It's calmed down now though, so let's hope spring is on its way. This year sees our 25th anniversary and we hope you will be able to join us for our Open Day on 18th May. Please read on for details of this and other news.

Open Day - 25 years!

It's nearly time for our annual Open Day when we celebrate our centre and the years of providing therapies to the community. This year we are celebrating 25 years of providing therapies and support to our members. We have had over 900 members during this time and we hope some of you will be able to come and help us mark the day with refreshments and memories and the chance to meet health professionals, other members and our volunteers. The date is **Friday 18th May 2017, between 11am and 2pm**. We look forward to seeing you.

Open Day Raffle

We are holding a raffle for the Open Day again this year. Tickets will be available from the reception desk and if you would like to take some away to sell to friends and family, please ask.



Easter Closing Dates



We will be closed on
Good Friday 30th March and
Easter Monday 2nd April.

Introduction to Yoga

One of our members, Karen Noon, manages her relapsing/remitting MS using yoga and she is looking to run a gentle introduction to mat, floor based yoga at the Mathiesen Centre, Bradville over 4 weeks from 20th April. Karen wants to share the benefits of yoga with other members. The course will be £20 for 4 Weeks booked directly with Karen. To book a space or for any questions call Karen on 07989 024390 or email karennoon@hotmail.com You can find additional details on our website at: www.mkmstherapygroup.btck.co.uk

Donations

We received a very large donation of £5000 from F Wells Charitable Trust. This was a very unexpected gift and we would like to thank the trustees for their generosity in thinking of us. We also received an equally generous donation of £200 from John Woods, who is a regular supporter of the work we do here. Thank you to all our supporters.



Subscriptions

This is a quick reminder to anyone who hasn't yet paid their subscription fee for 2018. The annual subscription is still £20 so please pay by putting the money in an envelope and writing your membership number and 'Subs 2018' 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.

Masks

We encourage you to buy your own mask for use in the oxygen chamber if you are having regular HBO therapy. These cost £72 and you can order your mask from the reception desk.



Seated Yoga

In this newsletter we have news of two different yoga-based courses. We have been offered the chance to run yoga breathing sessions at the centre free of charge for any members who would like to take part. These will be on Tuesday afternoons and participants will remain seated for the whole session.



Snow and Ice

Apologies to anyone who has missed their therapy recently owing to bad weather, but we must 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 you to call the centre, if there is snow or ice, to ensure that we are open. If there is no reply WE ARE CLOSED!



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