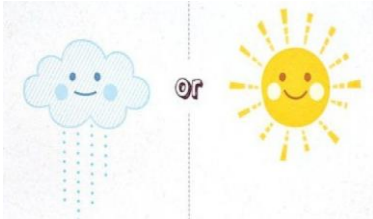


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NEWSLETTER Summer 2017



Our national obsession of talking about the weather has had quite a lot of material this summer: from swelteringly hot to torrential rain. If, like me, you love the sun but feel wrecked by it if it's too hot, I hope you have found your own way of keeping cool and I hope you haven't found yourself caught in too many downpours! This newsletter has some updates of what's going on at your friendly MS centre. We hope you enjoy the remainder of the summer.

AGM 2017

Our Annual General Meeting will be on Monday 2nd October 2017 at 2pm. This year we will have at least one key vacancy to fill and we always like to encourage involvement from our members so please come along if you can. You will be very welcome.

Pricing changes

In order to continue to be able to offer the services we do, we have had to make adjustments to some of our prices. The new charges are: members with other conditions will still pay £20 minimum per week which covers 1-2 oxygen OR 1 therapy. If they have massage/Reflexology/Reiki as well as oxygen the payment is an extra £15 (currently £10) on top of the £20. Extra oxygen remains at £10 per session. Full details of all our prices are available from reception and on our website.



Shiatsu classes



Shiatsu originates from Japan and promotes health throughout body and mind. This year we have been offering shiatsu therapy on Wednesday evenings and Thursday mornings. Paula, our shiatsu therapist, would now like to run some classes if there is enough interest. The class would combine stretching and relaxation techniques to give a sense of wellbeing and flexibility in joints. It would also include elements of yoga and meditation and would conclude with 10 minute relaxation. I would suggest people with MS or other conditions as well as carers would benefit from this. My preferred day would be Monday 3 - 4pm. People attending would need to wear stretchable clothing and bring an exercise mat and blanket. A cost of £8.00 per session for approximately 8 people is suggested. If anyone is interested in attending or would like further information, please contact Paula on 0787 987 8414.

Masks

If you want your own mask for use in the oxygen chamber, you can buy one for £72. Please order your mask from the reception desk.



Fundraising Quiz Night



For the past few years we have helped to organise a quiz and fish and chip evening at Simpson village

hall through one of our members, John Napleton. This year it will be on Saturday 4th November. It is £10 per person and all proceeds go to the MKMS Therapy Centre. Tables are limited to 8 per team. Bring your own drink - tea and coffee are provided. Raffle prizes are gratefully accepted. 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.

We at the centre are hoping to enter a team, so if you'd like to join us please give us a call and we'll put your name down.

Donations

We have received another donation from Geoffrey Leaver Solicitors of £82. This was collected by the staff for MS Awareness Day. A family member of Julie Lloyd, Anita Harris, has donated £187 raised during her birthday celebrations. Thank you very much!



Christmas meal

Sorry to tell you but it's already time to book up our Christmas lunch! It will be on Tuesday 12th December at the Cock Hotel in Stony Stratford at 12.30pm. We have a private room round the back with plenty of parking. We have reserved 35 places and the price is £13 for two courses, £22 for three courses. Please look at the booking sheet at the centre for details.



Open Day

Our Open Day in May this year was a great success. There was excellent attendance from members old and new and some of the professionals who work with us. The mayor and other councillors attended. As always, the snacks provided by our volunteers were very well received. Thank you everyone who came along and all those of you who helped on the day.

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