



# MK Multiple Sclerosis Therapy Group Ltd

MS Therapy Centre

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## NEWSLETTER March 2016

### **Hello Everyone**

What a busy start to 2016! We have had so many new members already this year so a big welcome to everyone. We hope the therapies you are receiving are helping you. But there are always two sides to everything and the large rise in membership means that we are in serious need of new volunteers who can learn to operate the oxygen chamber. We would love to have more trained operators to take the load off our existing operators and provide emergency cover if needed. We are also always happy to welcome volunteers who can help with the day-to-day running of the centre. Let us know if you can help.

### **Subscriptions reminder**

Thank you to those who have paid their subscriptions for 2016. If you haven't, please pay £20 as soon as possible. If you put your cash in a payment envelope, please write your number and 'Subs £20' on the outside. Thank you!

### **Open Day**

Our open day this year will be on **Friday 13<sup>th</sup> May**. Let's hope it's a lucky day! We will run an open day raffle and will provide refreshments for our visitors. More information will be sent out in the next few weeks but remember to put the date in your diary.

### **Pilates**

We are considering running Pilates sessions if there is enough interest from our members. Pilates is a non-impactive method of exercise that can be of great benefit to people with MS and other chronic conditions. The sessions would be one afternoon a week. If you are interested, please put your name on the form which is on the table attached to the Pilates poster. The more people who can sign up, the lower the cost will be.

### **MS Society**

The MS Society are having monthly get-togethers for their younger members at the *Moon Under the Water* in the Xscape building on the first Thursday of every month. Look for the MS Society flags!

## Donations

We have received £50 from Karen Hughes from selling her crafts. Thank you Karen.



## Masks

We would like to encourage everyone who uses the oxygen tank to buy their own mask or hood. There will always be spares here that you can use if you prefer.

A new mask costs £68.

A new hood costs £110 including the cuff.

You can pay in full or weekly/monthly if it is easier for you. Ideally, you would take responsibility for own mask/hood and take it home to clean. If they're left here there is the possibility someone else might use it or it may get damaged.

## Christmas Meal

The Christmas meal at the Prince George seems ages ago but thank you to everyone who came along. It was well attended and everyone seemed to enjoy themselves. Many thanks to Laura and Lisa for organising it.

## Community Car Raffle

Thank you to all those who helped sell tickets. This year we made approximately £250. The draw took place on 20<sup>th</sup> February and our representatives will be attending the presentation evening on 16<sup>th</sup>

March. Although the money raised is very welcome we have decided that we won't do it next year because the return we get does not justify the effort put in. So we will do our own Christmas raffle for 2016 and will hope to make as much, if not more money. Watch this space for further details!



## Easter break

We will be closed on Good Friday 25<sup>th</sup> March and Easter Monday 28<sup>th</sup> March. I hope you all have a lovely Easter weekend.

## Snow and Ice

Just 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. We can only apologise for any inconvenience this may cause, especially due to the short notice. We can only advise that you call the centre, if there is snow or ice, to ensure that we are open.

<b>Centre Opening Times</b>		<b>HBO</b>
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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