



MK Multiple Sclerosis Therapy Group Ltd

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NEWSLETTER November 2017

After quite a mild sunny start to the autumn, it's now feeling as if it will be winter soon so I hope you're all able to keep warm! On the subject of the weather, please note our ice and snow message at the bottom of page 2. There are a couple of reminders in this newsletter, not least the request for people to use Easyfundraising if you don't already. There is also a lovely message from Jan on the subject of her retirement. I hope you can enjoy the lead up to Christmas. I will, so long as I don't break any bones this year!



A Message from Jan

Dear Friends

I wanted to thank you all for the special birthday and retirement wishes that I have received over the last few months, I have felt totally spoilt. I have had many cards, presents, flowers and of course my afternoon tea party at the Therapy Centre which was a wonderful surprise and so enjoyable. It was lovely to see so many members and friends and I hope you enjoyed it as much as I did. Thank you so much for your kind words and generosity.

Some of you may know I have worked as a volunteer at the Therapy Centre for over 24 years. I have seen many members come and go and some who have continued with their therapy over the years. Sometimes it has been hard work and exhausting but mostly it's been rewarding and a privilege to be able to give my time to help others come to terms with their diagnoses and may be help them, in some way, cope with their symptoms. Mostly, however, it has been fun and I have been able to laugh and chat with all my friends. I shall still be around popping in for my therapy so hope to see you all at the Centre sometime soon. Love Jan Bohn xx

Christmas Closing Dates

We will close for
Christmas on **Friday**
22nd December 2017
and we will reopen on
Wednesday 3rd
January 2018.



AGM 2017

The AGM this year was held on Monday October 2nd. The committee officers were elected as follows:

Roz Heredia resigned as chair and Lindsay Smith was elected.

Chris Warburton was elected as vice-chair.

Jan Bohn was re-elected as treasurer.

Sheila Stockton was re-elected as secretary.

Lisa Weatherhead was re-elected as HBO manager.

Donations

Sheena Shakespeare and her brother donated £118 in memory of their mother, Gill Wood. Thank you very much for your kind gift to us.



Match Funding

If you work for a company that has a match funding scheme, please speak to Roz about considering us as a beneficiary. We anticipate some fairly large expenditure items in the next few months and would appreciate any additional help.

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.



Easyfundraising

We would like to update you on how much money has been raised for the centre through Easyfundraising. Over the past four years, 21 members have raised £560 just by registering and then selecting to activate a donation when buying goods online. For those of you who haven't come across this scheme before, it doesn't cost you a penny as the participating retailers don't charge you for their donations. Sign up with Easyfundraising by following this link and then all you need to do is activate the donation every time you shop online we can receive a free donation! Full instructions are given on the Easyfundraising website.

<https://www.easyfundraising.org.uk/invite/3FBU34/2985J7>

Shiatsu classes



Shiatsu classes have now been running for several weeks on Monday afternoon. They combine stretching and relaxation techniques to give a sense of wellbeing and flexibility in joints. They also include elements of yoga and meditation and would conclude with 10 minute relaxation. Several members have taken the opportunity to attend the classes. If you are interested in attending or would like further information, please contact Paula on 0787 987 8414.

Snow and Ice

We would like 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 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 to call the centre, if there is snow or ice, to ensure that we are open.

	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
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