



MK Multiple Sclerosis Therapy Group Ltd

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NEWSLETTER Autumn 2018



September again. The summer is gone with its long, hot days, so we need to look ahead to what's coming for the rest of the year. Firstly, we have our Annual General Meeting in October. Details are below. And yes, I hate to say it, but we've already booked our Christmas meal! Feeling old as the years whizz by! Anyway, please read on to learn about our challenges and our exciting projects with help from our valued supporters.

AGM 2018

Our AGM will take place on Monday 8th October at 1.30pm. We would love to see you if you can come along. This year some people have stepped down from the committee, so we are looking for new committee members. We only meet every couple of months and it would be good to have new people with fresh ideas. We look forward to seeing you.



City Fibre

After coming to our open day, members of staff from City Fibre in Milton Keynes were so impressed that they recommended us to be the company's chosen charity. As a result, they are now supporting us with promoting our centre and trying to find volunteers. Paul Gowin, an independent consultant, has set up a Twitter page (@MSTherapyMK) and has been increasing our visibility on Facebook. We hope this will bear fruit.

Late arrivals and cancellations

I don't like to nag, but if you are having oxygen, please turn up in plenty of time for your dive. When people turn up late, it means the dives for the rest of the day cannot run to schedule. This in turn affects therapy sessions that members may be having after a dive. Please think about others and give yourself enough time to arrive in plenty of time for your dive. Also, could I remind you please to cancel appointments you can't make, preferably with as much notice as possible. It is very frustrating when people don't turn up and appointments that other members would have wanted are left unfilled. Thank you.



Operator shortage

We really do have a shortage of operators to run the HBOT sessions. We were recently unable to run any oxygen sessions on a Wednesday (morning and evening) because we couldn't cover illness and holidays.



Whilst we are working closely with City Fibre to increase our profile and try to get people involved, we appeal to all our members for help in finding volunteers who can spare just a couple of hours a week to take some of the burden off our small number of dedicated operators. If you have oxygen yourself, think about whether you could spare an extra hour to help run somebody else's session. You never know, you might enjoy it!

Masks

We encourage you to buy your own mask for use in the oxygen chamber if you are having regular HBO therapy. These cost £74 and you can order your mask from the reception desk.



Christmas Meal

We've booked it early this year at the Cock Hotel in Stony Stratford again. They have assured us that the glitches of last year's meal (draughty location, slow meal delivery) will not happen again this time. It will be on **Tuesday 11th December**. Please add your name to the list if you would like to attend.



Swimathon 2019

We are intending to enter a team for the Rotary Club Swimathon in March 2019. If you can swim a few lengths to make money for the MS Centre, or if you know anyone who could get involved, please let us know. More details will follow if we are successful in getting a place in the event.

And finally...



This is the salutary tale of one of our members who thought he could take on the cunning of a large spider and win! John was minding his own business when he saw a huge arachnid acting as if it owned the place. Determined to catch the intruder, he weaved here and there, ducking and diving, almost grabbing his prey, when **WHAM!!** he fell over in a heap, twisting his ankle underneath him. His ankle was broken and John swears the spider put out one of its eight legs to trip him up. So don't think you're nippier than a creature with eight legs, even if you have just tanked up on oxygen! (PS the spider didn't survive being rolled on by John when he crashed to the ground! A lesson for us all?)

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