



MK Multiple Sclerosis Therapy Group Ltd

MS Therapy Centre
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NEWSLETTER Summer 2018

Hello everyone. I hope you are enjoying the pleasant weather we've been having recently. It's nice to be able to sit outside in the long evenings. Our main event recently was our 25th anniversary open day. It's such an achievement and the work that has gone into keeping the centre going all these years should not be underestimated. Please read below for more details of the day. There are a couple of reminders in this newsletter and some new information to share with you.

Open Day - 25 years!



Thank you everyone who came to our open day in May. We were very pleased to welcome so many people. The mayor of Milton Keynes, Martin Petchey, attended and chatted to our members. Representatives from local business came along and expressed interest in supporting us in the future. Since 1993, we have had over 900 members, many of whom are still with us after many years. So we are very happy to be able to celebrate the wonderful achievement of twenty-five years of providing therapies and support to so many people. As always, thanks must go to all our hardworking volunteers for continuing to support us and for making the day such a success. We can't commemorate our success without a special mention for Roz Heredia,

Chris Nalton and Jan Bohn, our three directors who set up the therapy centre all those years ago and have always worked so hard to keep the MS Centre thriving. Our thanks also to our patron, Dr Vasco Fernandes, for his support and help over the past few years. Well done to everyone and here's to another 25 years!



Open Day Raffle

The raffle was a great success, thanks in no small part to Angie who was beavering about on the day printing and slicing raffle tickets to sell to our guests. We made over £300, a welcome boost to our funds.

Donations

Thank you Jacqui and John Stredder for your generous £50 donation. Thank you also Nicola Woods for donating £50. We are very grateful for all the donations we receive.



Cancellations

If you need to cancel your appointment for any reason, please **TELEPHONE THE CENTRE**, preferably before the day if you can. Some members have been cancelling their appointments via Facebook or text messages and unfortunately these messages are not always picked up in time. If we are closed, you can always leave a telephone message, as answer phone messages are always checked. Thank you for your cooperation.

Help!

Once again I find myself pleading for volunteers. The centre is run by a small number of dedicated people who generously donate their time so that our members can enjoy the therapies they get here. The trouble is, if a volunteer is on holiday or ill or unable to come in for any other reason, we can sometimes be in danger of not being able to find cover for them. So please consider coming to help out if you can. We would love you to train up as an operator but if you can't commit to that, even a bit of help with folding towels or answering the phone is very valuable to our hard pressed volunteers. Please think about it. One of these days we'll run out of people to run the centre!

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.



Shiatsu classes



Paula, our shiatsu therapist, runs a class every week at 3pm on a Monday. 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 conclude with 10 minute relaxation. If you are interested in attending or would like further information, please contact Paula on 0787 987 8414.

Yoga breathing

Trevor Heale has started to run yoga breathing sessions on Tuesday mornings. Participants remain seated for the whole session and it is a relaxing experience. These sessions are free of charge. Please ask at reception if you are interested.



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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