

# What your donation could do:

£250

Buy someone a full course of Hyperbaric Oxygen Therapy

£100

Help fund counselling for a newly diagnosed person with MS

£35

Fund a Hydrotherapy session for someone with MS

£20

Provide a monthly body massage for a person with muscle spasticity

£3.50  
A month

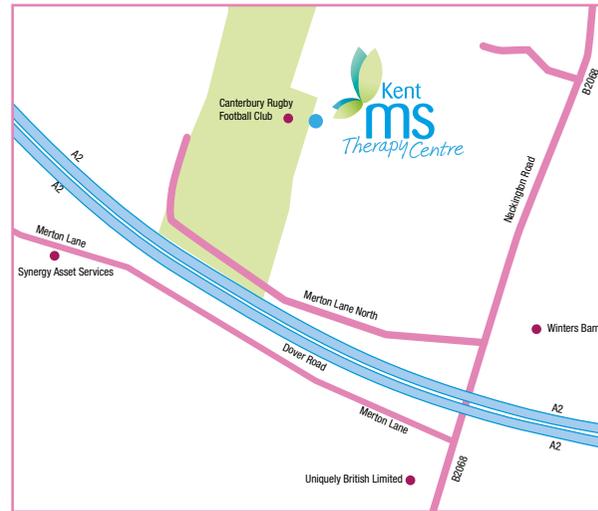
Fund a gym session for someone living with MS



## We need your help

The Kent MS Therapy Centre is a completely self-funded charity and receives no statutory or other regular core funding support.

Last year we provided over 4,000 treatment sessions and, with the new and increased therapies now available, we are expecting this to increase significantly in coming years.



### Kent MS Therapy Centre

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[www.facebook.com/KentMSTherapyCentre](https://www.facebook.com/KentMSTherapyCentre)

[twitter.com/KentMSTC](https://twitter.com/KentMSTC)

[www.kentmstc.org](http://www.kentmstc.org)

Registered Charity No: 801382  
Registered Company No: 2339750



Making a Donation

## About Multiple Sclerosis

Multiple sclerosis (MS) is a condition affecting the central nervous system causing a wide range of possible symptoms such as chronic fatigue, vision problems, muscle stiffness and spasms, difficulty walking, problems with balance and co-ordination, speech and swallowing difficulties.

More than 100,000 people in the UK have MS. There is no cure for MS, however a range of therapies and treatments alleviate individual symptoms allowing those living with MS to continue to enjoy a full and active life.

## About Kent MS Therapy Centre

Our new MS Therapy Centre opened in 2015 and offers first class facilities to support people affected by MS – those that have the condition, their families, friends and those who care for them.

We provide a range of therapies to relieve and treat the symptoms associated with MS such as: hydrotherapy, hyperbaric oxygen therapy, physiotherapy, exercise classes, counselling and support.

Perhaps most importantly, KMSTC is a social hub that allows members the opportunity to share experiences, problems or ideas – or just to relax and have fun with friends.

In this wonderful new state of the art facility we continue to create a happy, caring and positive environment with much laughter, carrying on the tradition established when the original centre first opened in Canterbury in 1984.

## Our Aims

To radically improve the lives of those with MS, their families and those who care for them and to be recognised as the next point of contact following MS diagnosis:

- by the provision of a range of complementary therapies and specialist clinics
- by giving advice, support and information to those living with MS, their carers and families, in an environment which encourages mutual support and friendship
- by being a Centre of Excellence which enables self-management of the disease.

## Who we help

The centre is here to support anyone affected by MS, whether it be the person with MS, a family member, carer or friend.

We cover the whole of Kent with the next nearest centre being in Swanley in North Kent.

## What our members say

*"When I have been at my lowest and angry with what life has dealt me the Centre has made me realise I am not on my own."*

Sue

*"The community of the Kent MS Therapy Centre: the variety of therapies on offer, the personnel have all become an important part of my life."*

Cate

*"Being part of Kent MS Therapy Centre hasn't just been a vital source of support but it's also opened me up to experiences I wouldn't have had otherwise."*

Sheila



*"As a young person with MS the centre has made a real difference to my life. I love having a place to come that no one else in my life sees, but makes me feel normal and not labelled by the disease. It's brilliant!"*

Kirsty

*"The centre has helped put me in charge of my MS as it makes me feel I'm doing something constructive towards coping."*

Jo

**On-going support for those with the condition, their families and carers makes a significant impact on quality of life – with your support we can make a difference!**

## Ways to donate

You can donate online via our website [www.kentmstc.org.uk](http://www.kentmstc.org.uk) or by text message, just text **KMST13** to **70070** along with your donation amount.

- To send a cheque, please complete the form below and return to us at KMSTC.
- To make a donation by debit or credit card, please call the centre on 01227 470876.

### I WISH TO DONATE:

£20    £40    £60   Other: .....

## Charity Gift Aid Declaration

**Boost your donation by 25p of Gift Aid for every £1 you donate.**

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer. In order to Gift Aid your donation you must **tick the boxes below:**

- I want to Gift Aid my donation of £..... and any donations I make in the future or have in the past 4 years to: **Kent MS Therapy Centre.**
- I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

## My Details

Title ..... First name or initial(s) .....

Surname .....

Full home address .....

.....

..... Postcode .....

Telephone .....

Email .....

## Data Protection Act (1998)

We do not disclose or share personal information supplied by you with any other third party or organisation. KMSTC would like to keep you informed about our upcoming events and latest news by email, post or telephone. Please tick the following boxes if you are not happy for your details to be used in this way:

Email    Post    Telephone