

S U M M E R 2 0 1 6

# Supporters' Newsletter

You make a difference



Corporate sponsors are tremendously important to KMSTC. Thanks to corporate sponsorship received so far this year we have been able to offer over 750 hours of therapies for our membership.

## Corporate sponsorship is key...

### Corporate Sponsor Event

To help build our support from corporate sponsors we are holding a Corporate Sponsor Event on 22<sup>nd</sup> September. Invited guests will learn about the fantastic work we do at KMSTC while they enjoy a tutored tasting of some of Kent's finest craft ales.

**Do you know someone who might enjoy this event?**

Let Helen Wathen know by emailing her [hwathen@kentmstc.org](mailto:hwathen@kentmstc.org)

### Could we be your Charity of the Year?

Our corporate pack contains lots of ideas for fundraising activities with the emphasis on FUN. Could you and your team adopt KMSTC as your charity of the year and help us to grow? For more information give us a call on 01227 470876 or email Helen Wathen [hwathen@kentmstc.org](mailto:hwathen@kentmstc.org)



How much  
does fundraising  
cost us?

*'It costs us 28p  
to raise £1'*

## Cycling, jumping and paddling for Kent MS Therapy Centre

### Pedal Powered People

On 21 May we were visited by some of the team who cycled 305 miles through France last year, raising a phenomenal **£33,689.13**. Could you do the same? How about our Vienna – Budapest cycle challenge in 2017? Please get in touch if you're interested in taking part.



### Parachuting People

A fantastic foursome took to the skies in June to complete a tandem skydive raising more than **£2,000**. This was one of the Centre's Month of Sundays events which to date has raised in excess of **£12k**.



### Paddling People

Huge thanks to the **Dragon Boat team at Woodley Coles**. To celebrate their 15th anniversary, staff at Woodley Coles are completing a 15 Charitable Days challenge and KMSTC is one of their three nominated charities – thank you!



Tickets can be booked online via  
[www.ticketsource.co.uk/kent-ms](http://www.ticketsource.co.uk/kent-ms)

**Did we mention  
that we think  
you're amazing?**



Without the unstinting help of our supporters we wouldn't be able to have an impact on the lives of so many people affected by MS. And we were absolutely thrilled to have been recognised at this year's **Kent Charity Awards**. So it is with huge pride that Kent's Voluntary Charity of the Year says, *'Thank you, you really are amazing!'*

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

Thanks to the generous support we receive we are able to continue to expand the range of therapies we offer to our membership and have recently added **two new services**.

## Action Potential Simulation Therapy (APS)

APS Therapy uses a copy of the body's own electrical signals to enhance communication between the cells, using an APS Therapy machine. APS Therapy will be available to members soon.



## Water Reiki

Water Reiki takes advantage of the warm water in our therapy pool to promote relaxation and encourage healing. Many people with MS have reported improvements in their mood, mobility and pain levels after a course of Water Reiki so we are delighted to be able to offer it at the Centre.

Water Reiki is available on Mondays from 1.30pm and Thursdays from 9.30am. To find out more, or to book a session, contact the Centre on 01227 470876



## MS Information Day

On Saturday 7th May we welcomed almost 80 visitors to the centre to hear from **Dr Sreedharan Harikrishnan**, Consultant Neurologist at East Kent Hospitals University Foundation Trust and East Kent Community Neuropsychology Service. Visitors were also treated to an amazing lunch, the opportunity to tour the centre and to meet service providers such as **AbilityPlus**.



## DID YOU KNOW?

To provide HBO Therapy requires 5,000 volunteer hours each year.

Call the centre on 01227 470876 for more information



## HBO hits a new high

The Oxygen Therapy Chamber has never been so busy and is now open for extended hours from 8am to 8pm Monday to Friday.

Earlier in the year we launched Kent Oxygen Therapy website, [www.kentoxygentherapy.org](http://www.kentoxygentherapy.org), promoting the benefits of HBO to people suffering a range of conditions including migraines, non-healing wounds, rheumatoid arthritis, diabetic ulcers, radiotherapy tissue damage and many more. Every session booked by a non-member helps us to provide HBO at a preferential rate for our membership.

## How to donate?

- Just text giving
- Online donation
- Send us a cheque
- Gift aid
- Give As You Live
- Volunteering
- Hold a fundraising event for us
- Take part in one of our organised events
- Via Ebay when selling an item
- Donating goods to our charity shop
- Leave us a legacy

See [kentmstc.org.uk/fundraising](http://kentmstc.org.uk/fundraising) then click on 'Donate to KMSTC'.

**Would you like to help us carry on our vital work? As well as donations, we're also looking for volunteers to help with fundraising, the hyperbaric oxygen chamber, reception and general admin.**

Please do get in touch with **Kent MS Therapy Centre**

## Find us at:

Bradbury House  
Merton Lane North  
Canterbury, Kent CT4 7AZ

## Call us: 01227 470876

Email our fundraising manager Helen Wathen on: [hwathen@kentmstc.org](mailto:hwathen@kentmstc.org)

Like us on Facebook: [www.facebook.com/KentMSTherapyCentre](http://www.facebook.com/KentMSTherapyCentre)

Follow us on Twitter: [www.twitter.com/KentMSTC](http://www.twitter.com/KentMSTC)

Kent MS Therapy Centre is a registered charity. Registered charity number 801382, registered company number 2339750.

Chair of Trustees: Leo Wilde

Patrons: Frank Brake, Rob Key Kent and England, Rt. Hon The Countess Mountbatten of Burma CBE

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

## Upcoming Events

### SEPTEMBER

- 25 Canterbury Bike Ride
- 29 Golf Day at Boughton Golf Club

### OCTOBER

- 7 Travelling Trends Fashion Show
- 9 The Last Flying Vulcan Bomber talk
- 20 Bollywood Night, Canterbury College
- 23 UK Paper Band in concert, Sittingbourne