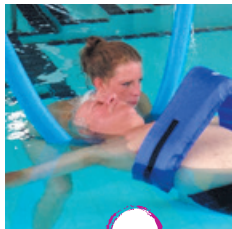




MEMBER REVIEW



IN THIS
ISSUE



In touch

NEWS

AUTUMN 2016



Welcome to the Autumn 2016 Kent MS Therapy Centre newsletter.

This year has been a truly busy period for the Centre – we have seen ongoing growth in membership, staff, volunteer and supporter numbers as we become established as a key resource for people affected by MS across the region.

Our focus continues to be on providing the best therapies, services and support for our membership; a goal we support by further extending our supporter base and, in particular, by seeking sponsorship from companies and organisations in our area.

We have developed a corporate fundraising pack that includes everything from simple fundraising ideas such as collection boxes to full programmes of sponsorship activity.

Do you have a business contact who might be interested in supporting our work?

We would love an introduction!



Leo Wilde, Chairman



01227 470876 | kentmstc.org | info@kentmstc.org

WHAT'S NEW

To book or find out more, call 01227 470 876.

HBO facts and figures

In May we expanded our HBO sessions to 8am to 8pm. This is 3 more sessions/30 users which is a **25%** increase in capacity and available sessions

Since May HBO use has increased by **20%** overall

35% of HBO users are non-members who pay **20%** more per session

Total NON-MS income is over **£20,000**, all of which goes back into supporting the overall costs of HBO

We have so many therapies on offer at the centre – all specifically chosen because they're known to help alleviate symptoms of living with MS.

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 meaning many members are able to take advantage of hyperbaric oxygen therapy (HBO) for the first time.

Earlier in the year we launched the Kent Oxygen Therapy website, 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. If you know someone who might benefit from HBO why not suggest they visit the Kent Oxygen Therapy Website or call to speak to Karen Middlemiss.

Corporate sponsorship is key...

Corporate sponsors are tremendously important to KMSTC – funding over 750 therapy hours this year alone.

We've been working hard over the last few months to put together a corporate **fundraising** pack that explains how businesses can support the work we do.



What our members say...

I have had MS for 30 years but have only recently started having HBO. I decided to try it after speaking to other people at the Centre who have regular HBO and are doing very well. I cannot believe the amount of energy I have and how much more I can do in a day. I like to help with fundraising for the Centre so I run a weekly boot fair – setting that up is so much easier since having HBO. Surprisingly, my balance has also improved and my yoga teacher has remarked how much smoother my movements are – I'm delighted with the results and would highly recommend HBO to other people with MS.

Stephanie Pocock



Featured Sponsor

Pocock's Solicitors in Whitstable is one of the small, but growing, army of businesses whose continued support is so vital to Kent MS Therapy Centre. Pocock's make a monthly corporate donation of £500, part of the vital regular support which allows us to plan and deliver therapy sessions throughout the year. Kent MS Therapy Centre benefits in other ways from our association with Pocock's as its head is Andrew Lawrie, one of our Trustees.

Could we be your Charity of the Year?

Our **corporate pack** contains lots of ideas for fundraising activities with the emphasis on **FUN**. Do you know of any companies who might adopt KMSTC as their charity of the year? For more information call us on 01227 470876 or email Helen Wathen hwathen@kentmstc.org.

THERAPY NEWS



APS Therapy – coming soon

Action Potential Simulation Therapy, or 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 works to enhance cellular communication by sending replicated electrical signals which are up to 4 times stronger than the naturally occurring signals, through the body, between electrodes attached to the skin. This assists the removal of waste and inflammatory products, which can reduce localised pain and swelling.

Results from this therapy for people with MS can include increased energy levels, endogenous and neuropathic pain relief along with other wide-ranging effects. One successful APS user, Maggie, who has had MS for over 20 years reported that her pain went down until 'virtually gone' and that she has maintained a number of benefits including: sleep, energy, balance, L'Hermittes' sign, ability to rise from a chair, moving about and standing for long enough to prepare food, and performance in physio.

APS Therapy will be available to KMSTC members soon – members should register their interest by calling the Centre on 01227 470876.

Hypnotherapy: Finding Yourself to Help Yourself

Clinical Hypnotherapist **Karen Russell-Graham** (East Kent Hypnotherapy) discusses how hypnotherapy can help in times of change.



Hypnotherapy is not stage hypnosis. It is definitely not performing as a chicken, or someone taking control and telling you what to do.

However, people are often surprised at how more 'in control' of themselves they feel after a hypnotherapy session.

People come to hypnotherapy for all kinds of reasons – one of which is a realisation that they are going in a direction that they feel is not right for them. Part of them wants to act and feel one thing, yet a different part seems to be preventing this from happening. This could be giving up smoking or wanting to lose weight.

When big life changes occur – whether to you directly or to someone you care about – it is easy to lose sight of the person you believed you were. It's hard to feel the same when you are negotiating responsibility, illness, discomfort or loss of freedom. Change can be hard.

Hypnotherapy can begin by creating a break. Giving space to the mind and deeply relaxing the body so that some resting, healing, sorting and decision-making can take place. It can help increase mental strength, or allow physical respite where it is needed – and teach you to achieve this for yourself. When there is something you want to change it can help with goals and aims, if that is what you are ready to do.

To find out more, or to book a session, contact the Centre on 01227 470876.



Photo with thanks to Candis magazine

Water Reiki *...works for me!*

Water Reiki is a very gentle therapy and made even more enjoyable because you're floating in the water while calming music fills the air. The touch of the therapist is firm but in no way invasive and the warmth of the water helps me to relax. I did not know what to expect, I'd heard of Reiki but had never heard of it being carried out in the water before. For about 30 minutes whilst the treatment was being carried out I totally relaxed and, literally, thought of nothing, my mind cleared and I just drifted physically and mentally. The same has happened on all subsequent treatments I've had. Over the weeks my mind and body has seemed clearer and it has definitely helped me cope with day to day living, which for me means coping with my MS better. I will definitely continue with Water Reiki on a regular basis.

Water Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Water Reiki takes advantage of the warm water in our therapy pool to further 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.

FABULOUS FUNDRAISERS

Cycling, jumping and paddling for KMSTC



May



Pedal Powered People

On 21 May we were visited by former KMSTC Chairman, Tony Meire, and 12 other members of the 17 who cycled 305 miles from the Atlantic to the Med last year, raising the phenomenal sum of £33,689.13. This event was such a success we're currently investigating a 5-day Vienna – Budapest cycle challenge in 2017. Please get in touch if you're interested in taking part.



June

Parachuting People

Sue Allsworth, Amy Freelove, Amanda Byhurst and Megan-Cherise Kerr took to the skies in June to complete a tandem skydive at Headcorn Aerodrome, raising more than £2,000 in the process. This was one of the Centre's Month of Sundays events which to date has raised in excess of £12k.

July

Paddling People

Huge thanks to the intrepid team of fundraisers at Woodley Coles for choosing to support KMSTC at the fantastic Dragon Boat racing at Mote Park at the beginning of July. To celebrate their 15th anniversary, Woodley Coles are completing a 15 Charitable Days challenge and KMSTC is one of their three nominated charities – thank you!

Have you got a fundraising idea? We can help you put your plans into action. Call Helen or Vicky on 01227 470876 to find out more.

KMSTC Charity Shop

Our charity shop will bring in around £15,000 this year for the Centre and we really couldn't achieve this without our wonderful team of shop volunteers.

Just a reminder about donations: we're only able to accept clothing, bric-a-brac, CDs, books and DVDs at the shop. Electrical goods and furniture are problematic for us because of legislation about fire and electrical safety so, unfortunately, we have to decline these items.



Christmas Cards, or...

KMSTC charity Christmas cards in a range of designs, are now available from the Centre. For every pack sold KMSTC benefits directly so please spread the word! Is it bad form to buy them as a gift for others? We don't think so!

...Seasonal donations

A thoughtful alternative to the annual round of Christmas cards giving is to make a charitable donation instead. This year we're inviting companies across the region to support KMSTC by displaying a Season's Greetings poster where colleagues can write

a greeting to one another and make a small donation to KMSTC in place of cards. The posters are perfect for displaying in staff rooms over the Christmas period.

If you know of a company that would be interested in supporting this campaign please get in touch with the Centre.

KMSTC LOTTERY

Our KMSTC lottery is coming soon and we're aiming for our first draw to take place this Christmas!

We will be working with **The Unity Lottery** to run the weekly draw and tickets will cost £1 per entry. 50p from every £1 will be used to support the work of the KMSTC.

Further details will be available at the Centre and via our website and Facebook page soon.

KMSTC Collection Boxes

Often it's the simple things that are most effective. One little innovation we've made here at KMSTC is to produce a **collection box** – one has been included with your newsletter. Why not put it by the washing machine and pop in any loose change from trouser pockets? Alternatively, take it into work and leave it in the staff room? Maybe the regulars at your local pub would support KMSTC? Once it's full just drop it in to the Centre and we'll give you another (we have lots of them!)





'I was diagnosed with MS in 1992 and have been a member of KMSTC since 2015. I've tried not to let MS change my life completely, but there are times when it's difficult. For example, fatigue means delegating jobs I used to do for myself. At first this was hard to accept but gradually I managed it... well almost.

“ Learn to adapt is my motto ”

Cecile Garrick may be a senior, as she puts it, but she most definitely still has a young, inquisitive mind.



“ I've tried not to let MS change my life completely, but there are times when it's difficult. ”

'Learn to adapt' is my motto. One change I have made has been to take up pottery instead of fabric printing and designing clothes and soft furnishings as I used to. I donate much of what I make to KMSTC to sell in their shop. It keeps me active and helps me put something back.

'Even after several setbacks I try to keep busy at home and swimming a few times a week also helps.

'I am always busy learning and researching things online – I never thought using a laptop would become a hobby for me, but the internet is such an amazing tool.

'My husband and two sons help me a lot and my carers are much appreciated because without their help I would not be able to attend the lovely, friendly Kent MS Therapy Centre every week. Everyone at the Centre is so helpful and patient. I also have Hyperbaric Oxygen Therapy which really helps with my energy levels and chronic pain.'



A KMSTC member has extended an amazing invitation to fellow members and supporters. Currently moored on the Greek mainland, and about a four hour sail from Corfu, this 27ft sailing yacht is available for use by qualified skippers (RYA Day Skipper as a minimum) and their guests.

The beautiful Jaguar 27 yacht is 35 years old and has been very well maintained. She is equipped with a small galley and comfortably fitted out so would make a fabulous base for couples or young families wishing to enjoy the Mediterranean.

The sailing season is from May to October and Richard is happy to take bookings for 2017. If you're interested please get in touch with the Centre in the first instance and they will put you in touch with Richard.

The cost? Nothing! But Richard says he'd be delighted if anyone made a donation to KMSTC instead – but it's not obligatory.

Christian Rolfe goes Flying with Sportability



If the amazing performances of our Olympic and Paralympic teams have inspired you to find new ways to get active then maybe taking a leaf out of Christian Rolfe's book would be

a good place to start. Christian told us about a recent outing with his partner, Nancy, to a Sportability Flying Day in Surrey.

'I'm not terribly good in planes to be honest. I see them as a means of travel and nothing more, Nancy was keen and had previously booked us to go gliding, but it had been too windy on the day for us to go up and she was very disappointed. I was secretly relieved!

'So, when the opportunity to go flying with Sportability in Blackbushe in Surrey came up, Nancy cajoled me into going.

'Normally each participant flies on their own with the help of an instructor but Nancy managed to persuade me to accompany her and I was duly helped into one of the back seats of the tiny plane. I should perhaps mention that Nancy doesn't drive and, frankly,

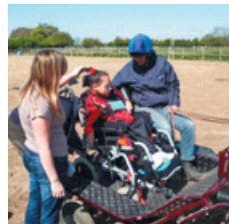
her piloting of a scooter worries me! We flew for about 20-25 minutes and took in the sights and, of course, landed safely and feeling utterly exhilarated by the trip. Next it was my turn and I have to admit that being the pilot is much better than a passenger, even for a nervous flyer like me. The instructor was amazing, completely professional and very reassuring. The sense of freedom and the rush of adrenaline are truly life affirming.

'Despite my initial reluctance this was a really enjoyable outing and I would absolutely encourage fellow members of KMSTC to have a go. The team at Sportability are relaxed, positive and very experienced in adapting to the needs of the different people they work with. They don't see mobility or dexterity issues as a barrier to participating in any of the activities they run – anything from hang-gliding to quad-biking, sailing to shooting.'



Sportability is a registered charity based in London but holding events across the whole country. Their goal is to offer free sporting activities for people with paralysis of any kind. You can register your interest in their events on their website: www.sportability.org.uk or call them on 0208 959 0089

MEMBER REVIEW



Anne Moon has been trying out horse riding in the Alkham Valley

For the last nine weeks I have been horse riding at Minnismore Stud where they specialise in riding for the disabled from children with Cerebral-Palsy to grown-ups with other disabilities, including MS.

The horses I have ridden so far have a gentle nature and respond to their rider's abilities, especially Tess who is my regular ride, she is just perfect in every way.

I am currently just walking the horse around the outdoor school with Paul. I have progressed from eight minutes in the saddle to 12 at the last session.

Read Anne's full review on the KMSTC website: <http://kentmstc.org.uk/member-review-horse-riding/>



Now you may think that such a short time actually riding would not give much benefit but I can quite assure you that this is not the case. I have already noticed that my core is becoming much stronger as a result of having to balance as I ride. But the best benefit is that it makes me feel alive and I love it.

I would thoroughly recommend it to anyone, regardless of ability or level of disability. Along with horse riding they have carriage riding, which means you can participate even if you use a wheelchair.

So if you feel you would like to give it a go, please contact Jo at the stud on **01304 822688** and see what they can do for you.

What makes a difference to you?

Tell us your story – whether it's about treatments and therapies you receive, activities or work you do, we'd love to hear from you.

VOLUNTEER NEWS

David Tompkins – Green Fingered Garden Guru 🌿

Over the warmer summer months, the garden at the Centre was such as welcoming sight that many members and visitors commented on how good it was all looking.

The green fingered mastermind behind the flourishing flora? The wondrous David Tompkins, whose work was recognised in July with a beautiful brass plaque that pretty much says it all, 'Garden designed and maintained with love by David Tompkins'.



Thank you David, your hard work is truly appreciated!

Could you be a Volunteer Ambassador?

No one can tell the story of Kent MS Therapy Centre as well as its members. Your passion, commitment and personal stories are truly compelling and, when it comes to demonstrating what KMSTC is all about, nothing comes close.

If you would be interested in becoming a Volunteer Ambassador for the Centre, visiting local groups, schools and businesses to tell our story, we would love to hear from you! Call the Centre or email Karen Middlemiss, kmiddlemiss@kentmstc.org.

For more information on any of these events or to book, please contact Vicky or Helen on 01227 470876. Fancy helping out at any of these events? Vicky is always looking for volunteer support!



Dates for your diary...

For a full list of events
see the website

Thursday 20th October, 6.30pm

1

INDIAN EVENING

Join us for a very special evening with the students of Canterbury College as we celebrate the **Diwali Festival**. For one night Canterbury College will play host to Indian food, music and dance, all in aid of a good cause. Tickets are priced at £22.50 per person or 2 for £40.00 and include a 3 course buffet meal with entertainment'.

6th November

3

KM CHARITY ABSEIL

Take part in an abseil challenge and raise money for the good cause of your choice. Participants can choose who they want to support from a list of charities and good causes which are collaborative partners with the KM Charity Team. If you would like to take part please contact Helen Wathen hwathen@kentmstc.org or call the Centre.

Sunday 23rd October, 7pm

2

UK PAPER BAND

Following the success of last year's Concert, we are delighted to welcome back the **UK Paper Band** who will be performing a concert at the UKP Leisure Club Sittingbourne for the Centre. From old favourites to new numbers, this concert promises to be a celebration of Brass Band music in all its glory. Tickets are priced at £7.00 per person or 2 for £12.00.

Saturday 19th November

4

9am to 3pm

COFFEE AND CHRISTMAS MORNING MARKET

Our annual Christmas Market will be taking place on Saturday 19th November. Featuring a variety of stalls as well as tea/coffee and cake there will also be a Santa's Grotto for the children.



Shop online and help us for free

If you shop online, please think about making purchases through www.giveasyoulive.com. It has thousands of stores, including most of the high street names. It doesn't cost you a penny more, and your chosen charity gets a percentage of what you spend. So far, £1,289 has been raised for the KMSTC this way.



It costs £300,000 a year to keep our centre running. Every penny counts – can you help?

Here are two easy ways to donate:

By text: Text **KMST13** and your amount, ie £5, £10 etc, to **70070**.

Online: Go to www.justgiving.com/Kentmstc (or visit directly from our website by clicking the 'Donate' button).

You can also donate in other ways:

- Send us a cheque
- Give As You Live
- Volunteering
- Via Ebay when selling an item
- Donating goods to our charity shop
- Leave us a legacy

If you're a UK tax payer, make sure to Gift Aid your donation.

See kentmstc.org.uk/fundraising/donate-to-kmstc for more information.

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 us: info@kentmstc.org

Kent MS Therapy Centre is open:

Monday to Friday, 8am - 8pm

Like us on Facebook:

www.facebook.com/KentMSTherapyCentre

Follow us on Twitter:

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 cricketer, Rt. Hon The Countess Mountbatten of Burma CBE

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