

W I N T E R 2 0 1 6

Supporters' Newsletter

You make a difference



Kent MS Therapy Centre is a lifeline to people living with the debilitating neurological condition multiple sclerosis, and your support is more vital than ever. Our running costs are now £300,000 each year, and whether you're a trust, foundation, company or individual fundraiser we want to say a huge thank you in helping us do what we do!

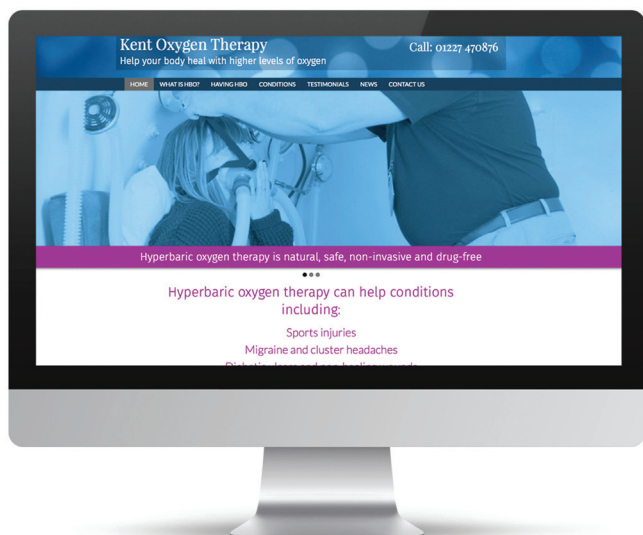
Attendees at our HBO evening.



Hurray for HBO!



L-R KMSTC support manager Karen Middlemiss, Professor James and Petra Kliempt by our hyperbaric oxygen chamber. Photos thanks to Scott Sinden.



The hyperbaric oxygen chamber has a new website for people with non-MS conditions.
See <http://kentoxygentherapy.org>

What's new for our members?

- ✓ Exercise classes in the hydrotherapy pool
- ✓ Group exercise classes in the gym
- ✓ Extra pilates classes
- ✓ Singing group
- ✓ Relaxing facials
- ✓ Creative movement therapy

Did you know?

The hyperbaric oxygen therapy can help people with other conditions, not just MS.

We've seen results for (among others):

- sports injuries
- non-healing wounds
- migraines
- tissue damage after radiotherapy

We recently held an awareness evening to spread the word to local health professionals and those suffering from non-MS conditions.

Professor Philip James (above), the UK's leading HBO expert and our medical advisor, explained how oxygen can help with healing. People who had seen its effects first-hand also told their stories.

Since the event, we've had several new bookings and hope that opening up our chamber to others will be a good fundraiser for the centre.

www.kentmstc.org

Festive fundraising



Jean and Arlene McManus dressed as KMSTC elves.

In November and December, Kent MS Therapy Centre's helpful elves did all they can to spread Christmas cheer – as well as raise vital cash for the charity.

Barclays Bank

KMSTC members dressed up as Christmas elves to collect donations and sell cakes at Barclays Bank, Canterbury. We raised £971, which Barclays are kindly matching.

Big Give Christmas Challenge

Our aim this year was to raise money to extend our hydrotherapy sessions from three to five days a week. Our total was nearly £6,000, thanks to our charity champion Candis Magazine matching donations up to £2,000.

Christmas Draw

Thanks to everyone who bought raffle tickets and added £2,599 to the charity's coffers.

Christmas market and coffee morning

Stalls of festive goodies, delicious food and a wonderful performance from the Canterbury Christchurch University Choir meant that these two events brought in £1,980.

Christmas greetings posters

Our beautiful Christmas greetings posters have raised £140 to date.



New to the team

We added a new member to our fundraising team in January – Victoria Wilsher, our community fundraiser. Victoria (above) is looking after community fundraising activities, in close partnership with fundraising manager Helen, plus the members, volunteers and friends of the centre.

Also, a warm welcome to two other new full-time members of staff: physiotherapist Joe Vinluan and receptionist Danielle Defeu.

Need room hire?

Our newly-equipped and comfortable large function room and boardroom are available to hire for meetings or events. Prices start from £5 per hour for the boardroom and £10 per hour for the large function room (plus admin fees, discounts for longer bookings). Call 01227 470876 and ask for Jason Steelman.



Photo thanks to Scott Sinden.

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 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

Like us on Facebook: www.facebook.com/KentMSTherapyCentre



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

Chair of Trustees: Leo Wilde

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