

**VOLUNTEER
REVIEW**



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SUMMER 2017



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“ It is my great pleasure to write this message for the first time in my new role as Chair of Trustees.

Tony Meire has kindly given me the history of KMSTC so that I have a clear understanding of how we started. In recent weeks (it seems much longer!) I have been working with the Board to create a new Strategic Plan for the next three years to inform how we work out the Fundraising plan and increase our Membership. All this is done with input from staff via Jason, Helen and Karen and members via Martin Lawrie and Peter Walker.

I am gradually getting to know more of you all and this is a nice way of contacting you directly. If you want to contact me, Reception will give you my email address, or they will send me your phone number if that is easier for you.

I look forward to meeting you all over the next few months.

Best wishes,

Hilary Brian
Chair of Trustees


**Kent
ms**
Therapy Centre

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

WHAT'S NEW



Hello Hilary

Of course Hilary isn't really new to Kent MS Therapy Centre, she has been a Trustee for a number of years. But just after Christmas Hilary took over the role of Chair of the Trustees and has certainly hit the ground running.

My First Three Months

Like most new jobs it started quietly – the first task I set myself was to check that our Governance was correct:

- That the Board has the correct composition with the required skills. We are considering inviting 2 new people to the Board to ensure its balance of members, gender and

skill sets. Jill Tompkins will step down in September but has promised me she will still be at my side with all her knowledge of the Centre and its past

- The boring but necessary documents are in place eg Articles of Association, registration with Companies House etc.
- Board Risk Assessments are already in place and are subject now to at least annual review.
- I have enrolled in a professional Chair of Trustees forum so that I can keep abreast of issues and belong to a network to share information and seek expertise and support.

Then the job got a bit louder – the annual Accounts are now ready for approval (thank you to Sam Rouse, our amazing Treasurer) and we have our new Strategy document (thank you to our creative Sharon Wilding).

And then there was a bang! Our super Fundraising Manager Helen Wathen has been made an offer she couldn't refuse so while we will miss her personality and skills we must be generous and wish her well in her new role. The advertisement for her replacement has already gone out in various different formats – the traditional Press and via Social Media.

This vacancy poses something of a risk to the Centre as there will be a period of time when our Fundraising activity will take a plunge but as with all clouds, this one has a silver lining. Jason, in discussion with the Board has devised a different job description to Helen's – focussing on different pools in which to fish. The individual will not be able to fill Helen's shoes, but will put down a footprint of their own and we look forward to welcoming whoever is lucky enough to come to work with the other wonderful staff & volunteers at KMSTC.

I have asked Martin Lawrie to work with Peter Walker (both Trustees) to ensure that there is a meaningful channel from the Members to the Board, and the reverse, so that we really hear what our Members are saying and do our best to work to their guidance while ensuring that the Centre remains financially viable into the future.

Andrew Lawrie is the legal beagle on the Board and he is making sure our Lease is robust and ensures we can stay on the site – albeit housing estates may be built around us!

I'm now going to sit down and have a cuppa before I embark on my next 3 months!



Farewell Helen!

In case you missed it, our lovely Fundraising Manager, Helen, will be moving on to pastures new (and closer to home) before long. We asked Helen to tell us a little about her time at KMSTC.

Three and a half years, and what a fantastic journey it has been!

4th November 2013: my first day at KMSTC. I arrived late and traumatised by Canterbury traffic. I was given a very warm welcome by Tony Meire, our Chairman at the time, and some fellow members and colleagues all eager to meet me. Someone (I don't remember who) was busy poking a broom handle through the ceiling in the reception area of the 'old' Centre to relieve the water that had built up and was about to burst through. I remember thinking, 'What have I signed up for?'

I needn't have worried... I set to work straight away implementing a fundraising strategy to support the Centre's work. I had tremendous support from my line manager, Jill Tompkins and Karen Middlemiss who was the Centre Manager at that time. They, along with the admin staff and members, all made me extremely welcome and helped answer my many questions.

During 2014, we watched the new Centre become a reality, finally opening its doors in January 2015. But it came with much greater funding requirements, so targets were

increased and additional fundraising activities were planned. Our efforts were rewarded though, as each year we managed to exceed our target and expand the therapy provision.

Highlights

My time at KMSTC has been fabulous, but a highlight has to be the two awards we won last year. It was wonderful to see the Centre being publicly acknowledged. Another would be watching Arlene taking part in a Wing Walk in support of the Centre – it looked fantastic but you'd never get me doing such a thing!

The biggest highlight of all though is seeing each and every day how the enormous efforts of the fundraising team and volunteers are making a difference to the lives of our members, it really makes all of the hard work worthwhile.

It has been a busy three and a half years which I would not have changed for the world! I am privileged to have met some wonderful people along the way and have been totally inspired by our wonderful members. It has been my absolute pleasure to work at the Centre and I would like to personally thank everyone involved for making it so memorable.

THERAPY NEWS

NEW SATURDAY YOGA



Our Saturday Yoga class for people with MS runs every Saturday from 11.00 – 12.00.

Places need to be pre-booked by calling the Centre.

The Centre will supply all Yoga equipment, the contribution is £6 and those wishing to take part will need to be a member of the Centre and complete a Yoga Questionnaire.

Reflexology Manual Lymph Drainage

Some of our therapists who provide reflexology and body massage recently completed a course in **Reflexology Lymph Drainage** (RLD). This treatment was primarily designed to help reduce secondary lymphedema, a swelling in the arm following treatment for breast cancer.

However, swollen feet and ankles are common in multiple sclerosis (MS) and are caused by an accumulation of lymphatic fluid (lymphedema). They are considered to be a secondary symptom of the disease, because they most often develop due to a lack of mobility instead of arising as a direct result of demyelination.

Lymphatic fluid delivers nutrients and other substances to and from organs in the body. Normally, the contractions of active leg muscles move this fluid along in lymphatic channels, propelling it upward towards the body cavity. When the body becomes less mobile, as may happen with MS, the kneading action does not occur, the fluid leaks from the channels and accumulates by gravity in the ankles and feet.

Many of our members have experienced a reduction in swelling in the feet and ankles following RLD and full body manual lymphatic drainage.

I started having reflexology with KMSTC therapist, Penny Rickards last year – I have had reflexology since being diagnosed with MS and she introduced me to Reflexology Lymph Drainage.

I have suffered with swollen feet all my adult life and the impact following my very first session was instant – I left the room with feet that were not puffy! The effect initially lasted a couple of days but as I progressed with the weekly treatment the effect was longer lasting and my feet were not swollen at all. Now I can miss a week and my feet do not swell unless I have a particularly long session on my feet but another session of RLD brings them back down to normal size again. Since having regular RLD, sitting with my feet up for a short while has immediate impact.

Lorraine Bant, Centre member

Please contact Reception if you would like to try RLD or full body manual lymphatic drainage.



Chronic pain can become mentally overwhelming because chemical changes in the body can affect a person's psychological state of mind. APS Therapy has been shown to normalise chemical levels in the body that help with the emotional aspects of pain.

When a muscle experiences trauma it goes into a spasm to protect itself. This decreases blood supply reducing the amount of oxygen and nutrients that reach it. The decreased circulation leads to an accumulation of waste products which causes noxious input that results in pain. Due to the constriction of the muscle, the injured site has a much higher electrical resistance than that of the surrounding tissue.

Basic physics dictates that electricity flows towards the path of least resistance. Therefore, the body's own action potential nerve impulses avoid the area of high resistance and take the easiest path, generally around the injury. The decreased electrical flow through the injured area decreases the cellular capacitance (the ability of a body to hold an electrical charge) and as a result, healing is impaired.

Why not try APS Therapy?

We are delighted to announce that we are currently recruiting volunteers to provide **Action Potential Stimulation Therapy (APS)**.

APS Therapy mimics the body's action potential waveform which has a range of positive effects on the body including the release of neuro-hormones, kick-starting the body's natural healing process, regenerates cell communication. APS improves blood flow, aiding the movement of electrolytes and stimulating the production of Adenosine Triphosphate (ATP) which is the high-energy molecule that provides the energy we need to do just about every activity.

APS has been constantly used for patients suffering with acute and chronic pain problems ... I have had the most amazing results from treating patients with arthritis and many of our hospital staff have benefited from just one week's treatment for neck and shoulder pain.

Pain specialist nurse (NHS Trust Hospital, Middlesex)

We had the opportunity of testing the APS therapy unit for different medical conditions in our physiotherapy department. The device was tested on patients as well as staff and the conclusion was as follows: Pain relief is faster, the sensation is comfortable, duration of pain relief is longer, treatment time could be shortened and the device is easy to handle and portable.

Klimas (MScP, Physiotherapy Department, New AL QASSIMI Hospital, United Arab Emirates)





Who are we?

Wheel Potential is a Community Interest Company founded by three directors in early 2016 with the aim to provide an open-air cycling experience for less-able adults in the Canterbury district, using a safe environment and adapted cycling machines.

The directors are able-bodied, long-term cyclists who were well aware of the joy of spinning along a country lane in the wind and the sun, and of the health and happiness benefits imparted by cycling. But what of those adults who, by virtue of learning or physical disabilities, are unable to ride safely unaccompanied, on-road, or on an orthodox

bicycle? There was no facility for such people in Canterbury District, and so the idea to establish one was born.

The three directors are Beatrice Shire, Frank Guthrie and Gillian Corble. The fourth member of the team is Peter Clements, the company mechanic and trainer. All four are voluntary.

Where are we?

The machines are housed in a shipping container in the municipal car park at Toddlers Cove in Canterbury. (Toddler's Cove Car Park, Whitehall Road, CT2 8BG).

This is an ideal site for several reasons. The car park is very cheap: 10p for the first two hours; there are disabled parking bays next to the container, and well-maintained disabled toilets on-site. In the summer there is a snack bar.

The site benefits hugely from being situated at the very start of the so-called "Great Stour Way", part of the longer National Cycle

Route 18. At this point, the route runs for three miles west closely adjacent to the River Stour to the riverside village of Chartham. It is a tailor-made walking and cycling route, wide enough to accommodate all such non-vehicular users. It is surfaced, off-road and flat as far as Chartham. Despite starting in the busy city of Canterbury, it immediately becomes a country route, with river on one side and fields on the other, populated by swans and Highland cattle respectively. Along the way are a few benches



Wheel Potential is part of SPOKES East Kent Cycle Campaign.

www.spokeseastkent.org.uk/wheel-potential.html

WHEEL POTENTIAL

and tables where riders may stop for a rest and a picnic. An idyllic setting and as safe as it is possible to be.

Once in Chartham, the rider can enjoy a drink in the excellent “Artichoke” pub, which welcomes cyclists and especially Wheel Potential cyclists.



For more information, contact 01227 766782 (leave a message and your phone number) or email beatrice.shire@cantab.net

How the system works

There is a flat-rate annual subscription for individuals and organisations of £80.00. This entitles the subscriber to unlimited use of any of the machines.

The user (in the case of an individual subscriber) or one or more carers (in the case of an organisation) is invited to meet one of the team at the container for an hour-long induction course.

This involves being shown each machine and its characteristics, how to store each machine, where all the other equipment in the container is, and other administrative details and paperwork.

Once registered, following induction and payment, the subscriber is given a key to the container. Booking is done on-line.

What machines do we have?

There are nine adapted machines and four orthodox bicycles for accompanying carers. The adapted machines included a hand-cranked tricycle; one conventional tandem; two tandem trikes ideal for joint use by carer and client; three ordinary trikes; a wheelchair transporter trike and a recumbent



An outdoor workout anyone?

If you were one of the people who dropped a token in our box at Tesco last year then **THANK YOU!** Of the three charities shortlisted, KMSTC received the most instore votes so we received the top donation of £12,000 from the Tesco Bags of Help scheme.

All those 5p contributions we're making for carrier bags have been put to great use buying four exercise machines for the new Outdoor Gym: two handbikes, one recumbent bike and a leg press. Come and take a peek at the new kit – it's just outside the Physio suite at the Centre.

The gym will be open to members very soon and will be part of a supervised Physiotherapist-designed exercise programme. If you'd like to give the Outdoor Gym a try, speak to one of the Physio team who will be happy to show you around.

FABULOUS FUNDRAISERS

Jan



The Vulcan Deterrant during the Cold War

Sunday 29th January, another fascinating talk by **Flight Lt Paddy Langdown**, a Vulcan Pilot from 1963-76. Paddy's talks are tremendously popular and he will be back at the Centre on Friday 30th June and again in October this year.



Feb

Race Night at the Haywain Pub, Bramling

Huge thanks to everyone who participated in the Race Night on Friday 24th February at the Haywain in Bramling who helped us raise £425 for the Centre.



Mar

Store Collection at Macknade Fine Foods, Faversham

Thank you to the lovely folk at Macknade Farm Shop just outside Faversham for hosting a store collection in March. With help from volunteers Sue Crook and Cindie Hurn we raised £304.



St Patrick's Day Quiz

Thanks to everyone who attended our St Patrick's Day Quiz – it was a real craic! We'll be holding regular quiz nights throughout the year – sign up now for the School's Out quiz on 21st July.



Summer Fayre

Featured
FUNdraising
Event



24 June 2017, 1pm at KMSTC

Come along for a fun afternoon at our **annual Summer Fayre**. The event starts at 1pm and will feature classic cars, music, games, craft stalls, entertainment, beer and PIMMS tent and much more. **Free entry** and ample parking.

VOLUNTEER REVIEW



Volunteer Profile: Ann Dray

A familiar face to visitors to the Centre, Ann Dray volunteers regularly on Thursdays on Reception, helping out with meeting and greeting visitors, taking bookings and answering queries.

I first found out about KMSTC because my sister is a member and uses the Centre regularly. I was so impressed with the help and support she received that I wanted to give something back, so I decided to become a volunteer.

She'll even make a cup of tea for you if you flutter your eyelashes! Ann's husband, Kevin, also volunteers at the Centre as an HBO operator on Fridays and organises the annual Golf Day.

Ann, from Canterbury, is the mother of two grown-up children who used to work as a Laboratory Technician at King's School. 'I really enjoy my work at KMSTC, the Reception team are a lovely bunch and the members are an absolute joy – such a positive and cheerful bunch! It's a real pleasure to be able to help out in such a practical way.

'Over the last two and a half years I've got to know people quite well and, best of all, I get to see my sister and brother-in-law every week when they visit the Centre. Trish is such a positive person and never complains, but I know living with MS can be really tough and the therapies she receives here make a real difference,' adds Ann.

The process to register at the Centre as a volunteer is very straightforward – it's just a case of completing the registration form (available on the Downloads page of the website) or from Reception. You'll get an induction and full training in any equipment you'll be using (Kevin, for example, is now a trained HBO operator).

Have there been any particularly memorable moments?

'Oh yes! I won't name any names, but I once managed to help a member put on his jacket only to realise it wasn't his, and it was two sizes too small. The poor man looked like he was wearing a child's coat and was almost completely stuck! Eventually, and with lots of giggling and wiggling, we managed to free him from his tangle and re-unite jacket and owner successfully. I did check that neither the member nor the jacket sustained any lasting damage.'

What would you say to a prospective volunteer?

'You'll get out more than you put in. It's a lovely place to volunteer rather than work, with a real family feel. KMSTC is entirely reliant on donations and support from the community so volunteers provide vital services that the Centre would otherwise have to pay for. If you've got even a couple of hours a week, please volunteer, it's worth it – feeling useful is a big thing.'

'The only skill you need to bring is being caring, you can learn everything else. Although it does help to be adaptable as things can be quite fast-moving at the Centre. These days employers are very keen to see volunteer experience on CVs and, for young people, it can be a great way to start building experience.'

How about volunteering at a store collection?

An hour of your time?

At an instore collection you will be provided with our bright blue branded t-shirts and volunteer lanyard badges, so everyone can see who we are.

The money we raise is used to support our services, ranging from counselling to hydrotherapy. All we need is a couple of hours of your time.



Did you know...

We usually have a small display stand with information about the Centre, upcoming events, volunteering opportunities and much more. We run our collections between 10am and 4pm and volunteers can give as little as an hour of their time to a collection. Working in pairs, there are chances to take breaks when needed as well as get to know some new people supporting the Centre.

Absolutely No 'Chugging'

We never ask people to sign up for direct debits at our collections and we do not target shoppers to make a donation. As a result most people give to us naturally and we are always thankful for donations, large or small.

Supermarket collections are perfect places to spread the message of the Centre out into our local communities. More than once someone has found out about the Centre through a collection, spoken to a volunteer about what we do and made a formal appointment to find out how the Centre can help them.

That supermarket collections held in support of the Kent MS Therapy Centre help us raise a vital £250 a month?

Fancy helping out at a larger event?

Volunteers are always needed to help run bric-a-brac stalls at various summer fayres, classic car shows, and other special events. All equipment from tables and chairs to gazebo can be supplied. The Centre receives a lot of donations in support of us and we can often raise £500 with one of our pop up shop stalls. To find out more about these events and how you can help please contact Victoria at the Centre.

WE ONLY WENT AND DID IT

Maria Davis is a Centre member and volunteers on Reception. She took part in the Brighton Marathon on 9th April with her husband, Gavin, raising just under £2000 for KMSTC.



“On Sunday 9th April, much to Maria’s horror, we woke at stupid o’clock to a clear bright sky and a weather forecast threatening unseasonably hot weather in Brighton. This was just what Maria didn’t want to hear as her MS symptoms are particularly acute when her core temperature rises above near freezing! But the show must go on: **our supporters had smashed our target of £1000 for KMSTC** – we really did feel that we would have let everyone down if we bailed on account of a bit of sunshine! The support and motivation that this gave us were essential later in the day it turned out.

The build-up to the Marathon had not been ideal, with ill-health among family members and Maria suffering from unexplained bouts of breathlessness dramatically reducing our opportunities to train. I laced up my trainers on

**Our supporters
had smashed our
target of £1000
for KMSTC!**

the 9th having done precisely 13 runs since New Year’s Day and none of them over 8 miles!

Surrounded by Golf Balls and Rhinos

We started at the back with all the “fun runners” who created a brilliant atmosphere – we were surrounded by people dressed as golf balls, rhinos, and even three crayons! Just what we needed to distract us from what lay ahead!

Of the 12,000 starters, we were in the last 50! Our strategy was march it out, run the downhill bits and, above all, stick together. We quickly found that running much more than 50 meters



was out of the question as Maria got breathless, so we settled into yomping mode, setting a pace of about 4mph – Maria was unstoppable. From time to time I would dive into a shop and stand in a queue (i.e. rest) to purchase crisps or whatever it was needed and then dash to catch up with Maria who just kept up the pace to the end. We crossed the line arm in arm, smiling like lunatics.

We couldn’t have done it without our supporters

Without the amazing donations we received we may have just called it quits at about mile 18

when we both hit 'the wall'. But, for the last 8 miles we got our heads up and ploughed on. We crossed the finish line with over 300 people behind us AND achieved our other goal of finishing in daylight.

As for Maria's breathlessness, it turned out that she completed the Marathon with a critically low haemoglobin count and ended up having a blood transfusion a few days later. Maria is now a bit of a legend in the hospital as, by all accounts, she shouldn't have been able to walk around the garden let alone a 26.2 mile course in brilliant sunshine!

Our combined love and thanks to everyone who supported us, we really couldn't have done it without you.

Gavin and Maria

The Centre has places available in the following events:

- Royal Parks Half Marathon, Oct 2017
- The inaugural London Big Half Marathon, March 2018
- The Brighton Marathon, April 2018

If you'd like to take part in any of these events, we'd love to hear from you!



Whether you're a keen swimmer or it's something you've not tried in a while, swimming instructor Chris Betts is keen to get KMSTC members into the pool.

You can choose from a range of swimming options to suit your needs. For those who are happy to enter and exit the pool unaided, a 45 minute supervised **Leisure Swim** as part of a small group can help with general fitness levels, flexibility, muscle tone and is a great way to relax. If you're less confident in the water then try a **Supported Swim**: an hour long one-to-one session with Chris where you'll have the opportunity to improve swimming technique and fitness in a gentle and tailored way. If you would like to learn to swim (it's never too late) or perhaps focus on improving your swimming in a more focussed way, Chris offers hour-long **one-to-one Swimming Lessons** especially designed for members' needs.

In safe hands

Chris is a very experienced instructor and personal trainer, having spent most of his working life in the leisure industry. His interest in working with disabled swimmers started back in the 80s while working at a pool and sports centre in Thanet. From '92 to '94 he was to be found on Thanet's beaches as head lifeguard – our very own Baywatch team!

Chris is fully qualified as a swimming instructor, lifeguard and first aider... in fact the long list of qualifications he holds includes Power Boat instruction, so if you're a real thrill-seeker he's a good man to know!

To find out more about swimming sessions in the Hydro Pool, speak to the team on Reception or get in touch with Chris or Lucy. They are particularly keen to hear your suggestions for activities and therapies in our lovely pool – why not share your ideas?





Kent's Big MS Coffee Morning

Sunday 4th June

2pm to 4pm

KMSTC Cream Tea as
part of the launch of
Kent's Big MS
Coffee Morning.

Share your coffee morning pictures
with the hashtag #KMSTCCoffee

The Month of Sundays is almost upon us. Each year in June, we see lots of you organising your own events and joining those that we've organised. This year we're launching **Kent's Big MS Coffee Morning** with our very own event on **4th June** at the Centre. We hope that you will also organise your own – who doesn't like a cuppa and cake? We've created a pack to help you which can be downloaded from our website, posted to you or collected from the Centre.

A Month of Sundays



Let's be traditional...

*Granny's
Victoria Sponge*



Kent MS Therapy Centre
Bradbury House
Merton Lane North
Canterbury, Kent CT14 7DZ
www.kentmsc.org



The one with the kids...

*Classic Cheese
Straws*



Kent MS Therapy Centre
Bradbury House
Merton Lane North
Canterbury, Kent CT14 7DZ
www.kentmsc.org



The one with the kids...

*Giant Chocolate
Chip Cookies*



Kent MS Therapy Centre
Bradbury House
Merton Lane North
Canterbury, Kent CT14 7DZ
www.kentmsc.org

Charity Sunday Carvery

Enjoy a 3 course Sunday lunch at the **London Beach Hotel** for just £24.50 per person. Booking via the Centre is essential. ALL money spent on food is donated to KMSTC.

Sunday 11th June, 1:00-4:00pm

KM Colour Run



At **Betteshanger Country Park**. Walk, jog or run the 5km route while being covered in coloured powder! We'd love to have you on our team! See www.kmcharityteam.co.uk/challenge for more details.

Sunday 11th June at 10.30am

KMSTC Coffee Morning



Sunday 17th June

School's Out for Summer Quiz

July 21, 7:00-10:00 pm
Entry £5.00 per person.

Kent's Big MS Coffee Morning



A Month of Sundays

Share your coffee morning pictures with the hashtag #KMSTCCoffee

In aid of KMSTC we're...



We're supporting KMSTC because...

The Kent MS Therapy Centre is dedicated to improving the quality of life for people with Multiple Sclerosis. Funding for the centre comes from donations, from members of the public, businesses and institutions.

It's happening...

It's organised...

More details...

KM Charity Walk

Starting at **Mote Park in Maidstone**, this 10-mile route leads walkers through beautiful Kent Countryside. Contact the Centre to book your place.

Sunday 25th June at 1:00-5:00pm

Vulcan Talk



Talk about the iconic
Vulcan Bomber

Sunday 30th June, 7:30pm

KM Dragon Boat Race



Mote Park, Maidstone, this is a great event to take part in with a team of friends or work colleagues.

Sunday 2nd July

KMSTC Summer Fayre

Come along for a fun afternoon! Event starts at 1pm. Classic Cars, music, games, craft stalls, entertainment, beer and PIMMS tent and much more. Free entry & parking.

Saturday 24th June at 1:00-5:00pm



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, £1,501 has been raised for the KMSTC this way.



**PLEASE
DONATE**



It costs £500,000 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
- Join our Lottery
- 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.

KMSTC LOTTERY

**A chance to win
up to £25,000
and support KMSTC as you play.**

Sign up online at:
<http://kentmstc.org.uk/kmstc-lottery/>

Get in touch with KMSTC

Find us at: Bradbury House, Merton Lane North
Canterbury, Kent CT4 7DZ

Call us: 01227 470876

Email us: info@kentmstc.org

Kent MS Therapy Centre is open:

Monday to Friday, 8am to 8pm
Saturday, 8am to 1pm.

 facebook.com/KentMSTherapyCentre

 twitter.com/KentMSTC

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

Chair of Trustees: Hilary Brian

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

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