

# In touch

NEWS

SUMMER 2018

“ Welcome to our summer newsletter...

My first as CEO! Inside this edition I will share my thoughts and reflections from my first three months as CEO at the Centre.

The welcome I have received from everyone has been wonderful and much appreciated and I thank you for that. I've been very struck by the warmth, energy and strong social and therapeutic vibe in the Centre. It's really precious and what makes us special.

Please read on for news of all the exciting things we are getting up to – including the launch of our very own summer music festival this September! We also have updates on people changes on our Board of Trustees and in the Centre team (including our youngest team member Alfred born to Vicky on 3rd June). Congratulations Vicky!

Warm wishes,  
Keziah

01227 470876 | [kentmstc.org](http://kentmstc.org) | [info@kentmstc.org](mailto:info@kentmstc.org)





## Reflections on my first three months

I took up this fantastic opportunity back in February and I am still very much the Newbie, learning huge amounts about MS, about our community, how we can help, about the building and about the vagaries of the septic tank!

I expect to be learning in five years' time. I have met many of our Members and hope to meet many more over the coming months.

My role as CEO is to ensure that the Centre thrives. That means I must ensure that we are able to function smoothly as an operation as well as reaching out to some bigger donors who can provide funds to keep us going long into the future. I bring lots of experience working in the charity sector, particularly working with high-net worth individuals, that will be very useful to me in this role.

From my perspective, we are at a pivotal point.

Our Membership growth is outstanding. We currently have 565 Full (MS) Members (including 15% Family & Carers). In addition, we have 296 Associate Members. This is excellent news. We are reaching out and helping more and more people living with MS and other conditions. However, this success comes at a price.

Our brilliant Fundraising Team, Committee and volunteers are working wonders to raise funds, but they cannot do it alone and it is not sustainable to secure our future. We need our entire community to play their part to boost our income and ensure our future.

Sustainability would be helped enormously if we could avoid some cancellations. Cancellations run at approximately 30% and impact the Centre in various ways: depriving another Member of a therapy slot; reducing our expected income; reducing Therapist income; demoralising for Therapist; and causing administrative headaches. We understand the unpredictability of MS, but please give as much notice as you can.

Three months in and I'm getting a clearer picture of how we can improve the services we offer. I know that we all want the same thing for the Centre – to be able to help more people living with MS. There is no magic wand – it will take time, resource, and support from all of you and it's great to know that I have your support.

Warm wishes,  
Keziah

## New Trustees for 2018

At the AGM on 18 May we had some sad farewells to make. As many of you know Jill Tompkins is stepping down from her role as Treasurer to be replaced by Ian Bryant. Hilary Brian is stepping down as Chair and our Vice-Chair, Sharon Wilding, has agreed to take this on in the short-term. Both Andrew and Martin Lawrie have decided to step down as Trustees but, along with all the other retiring Trustees, will stay actively involved in the Centre. The contributions of these out-going Trustees has been enormous and I have received tremendous support from each of them.

## Congratulations Vicky!

Our lovely Community Fundraiser, Vicky Wilsher, went on maternity leave at the beginning of May and, after keeping us all waiting, baby Alfred arrived on 3 June weighing in at just over 8lbs. Love and congratulations to Vicky, Chris and Baby Alfred.

## And now to introduce Vicky's Maternity Cover... Sarah Bosley

Sarah recently graduated from Brighton University with a first degree in Criminology (which we are sure is perfect preparation for working at KMSTC!) Originally from Maidstone, Sarah is no stranger to fundraising work for Kent charities and even ran the London Marathon in 2015 for the MS Society as her childhood best friend's mum has MS.



Vicky and Sarah... and baby Alfred!

With a mum and sister working in the charity sector, Sarah is following the family tradition of a career as a fundraiser. In fact her mum worked at the Heart of Kent Hospice which is, of course, where our very own Head of Fundraising, Moira Mitchell, also worked. Sarah got to know KMSTC while volunteering as a Corporate Researcher for Moira in September and was delighted when the vacancy came up.

Outside of work Sarah is clearly very active and enjoys netball and cycling. In fact she did a ride from Maidstone to Paris for the Heart of Kent Hospice some years ago. We had better start getting fit so we can keep up with her!

*Welcome aboard Sarah!*

If you ever spend any time online you will doubtless have been bombarded with information about the new **General Data Protection Regulations** that came into force on 25 May.

These regulations introduce much stricter rules about how organisations (including KMSTC) collect and use your personal data. This includes everything from email addresses to your shoe size (not that we collect this!).

**We have updated our Privacy Policy** to give you clear and straightforward information about what we do with personal information that we hold about our members, supporters and staff.

Check it out here: <https://kentmstc.org.uk/privacy/>

If you have any questions about data privacy, please do get in touch, and rest assured, we do not pass on any personal data to any third party without your permission to do so.

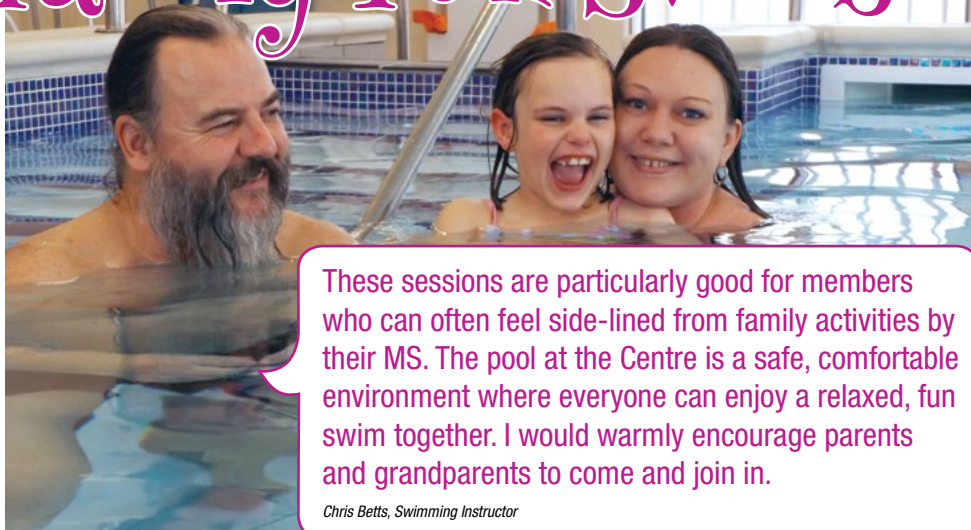


## Family Fun Swims

Since their launch early in 2018 the **Family Fun Swims** have proved very popular with Members and their families. At the very first session back in March Kate Scott and her daughter Alice enjoyed the undivided attention of our fabulous swimming instructor, Chris Betts.

"It was so lovely to be able to have this fun time with Alice," commented Kate, "It can be very tough as a mum with MS to find the right environment for us to swim and have fun together like this."

Alice certainly enjoyed the swim, particularly as she got gentle help and support to gain confidence in the water and lots of attention from her mum.



These sessions are particularly good for members who can often feel side-lined from family activities by their MS. The pool at the Centre is a safe, comfortable environment where everyone can enjoy a relaxed, fun swim together. I would warmly encourage parents and grandparents to come and join in.

*Chris Betts, Swimming Instructor*

"These sessions are particularly good for members who can often feel side-lined from family activities by their MS," notes Chris, "the pool at the Centre is a safe, comfortable environment where everyone can enjoy a relaxed, fun swim together. I would warmly encourage parents and grandparents to come and join in."

The Family Fun Swims are offered on the third Saturday of the month (with occasional exceptions) and are priced at £20 for the hour-long session for up to four participants. You can make use of the Hydrotherapy Pool under the guidance of qualified staff and have access to private changing rooms, hoists and, of course, the chance of a slice of cake afterwards!

*At the time of writing, there was availability on the following dates in 2018: 18 Aug, 15 Sept, 20 Oct and 15 Dec. To book your session, just speak to the Reception Team on your next visit or by email/phone.*



# FUNDRAISING NEWS

## Marathon Efforts!



### The Vitality Big Half – 4 March 2018

In its inaugural year, our team of 10 runners raised over £3,000 for KMSTC in the Vitality Big Half Marathon which took place in London on Sunday 4 March 2018.

Our two fastest runners on the day were Andy Stewart (1:52:53) and Rina Guillon (1:52:58) who completed the course together. Hot on their heels were James Ransom (1:58:20), Rebecca Piercy (2:12:21), John Chivers (2:12:23), Roby Mabey (2:21:45), Phil Clark (2:38:55), James Aylott (2:46:03), Paul Rooker (2:51:28) and Alex Tarry (2:51:28).

Stephanie Hatton (2:23:03) from the USA also secured her own place and ran for KMSTC raising £583.13 for our charity. A huge thank you to everyone that took part!

### The Brighton Marathon

Brighton Marathon, which took place on 15 April, is the second-largest and second-fastest marathon in the UK, with best times for men under 2hrs 10mins and women 2hrs 29 mins. Since its inception in 2010 it has grown substantially to nearly 20,000 runners this year, four of whom ran in support of KMSTC:

#### Women runners:

Anne Green 4:28:58, placing 1,473/7,672

Ellen Butler 7:31:10, placing 4,327/7,672

#### Male runners:

Ady Poursain 5:22:13 6,394/12,143

Tim Hart 5:37:46, placing 6,668/12,143

Our super-star runner, Anne Green from Canterbury, made excellent time to cross the finish line in the top 20% of women runners. She was supporting the Centre as she has a friend who is a member. Anne beat her target by raising **£557**.

Tim Hart from Folkstone raised over **£500** while Ellen Butler, whose father has Progressive MS and is a Centre member and Ady Poursain both raised over **£1,000**.

In total, our fabulous marathon runners have raised well over **£3,000** for the Centre, which is a fantastic achievement.

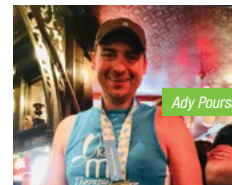
To secure a place at next year's event, please email Moira on [mmitchell@kentmstc.org](mailto:mmitchell@kentmstc.org) as we only have 9 charity spaces available.



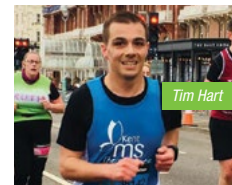
Anne Green



Ellen Butler



Ady Poursain



Tim Hart

# FUNDRAISING NEWS



## A Grand Day Out – a Kentish Coach Trip

On 26 April we embarked upon our first Coach Outing which took us on a journey through the best of the Kent countryside, including a lovely stop-off for lunch at the **Tickled Trout in Wye**.

Specifically designed to be accessible to members, family, carers and friends alike, the inaugural trip was a hit with our travellers.

KMSTC Member, Sue Lawson, commented, 'Lovely day, good company, lovely journey through Kent and a nice place for a good lunch. Thank you team for organising it. X'

And Kay Scott added, 'It was a truly beautiful day with amazing company'

We're grateful to our sponsors, Persimmon Homes, Furley Page Foundation and Canterbury Lions for their support, along with YMS Travel for their excellent service and helpful driver. We are delighted that in addition to providing members and friends with a wonderful, accessible outing, the event raised nearly **£1500** for KMSTC

If you're interested in joining us on our next 'Grand Day Out', please drop an email to Moira Mitchell, Head of Fundraising.





## Coffee at The Oak on the Green

**A huge thank you** to everyone that attended our Coffee Morning on Friday 27 April at the The Oak on the Green, Bearsted. The venue was packed and we raised **£444.70** for our charity in two hours!

Thank you also to Tesco Express on the Ashford Road who donated cakes, Crouch Butchers on The Green who gave us a lovely gâteau, Linda from Annabelle Jane Cake School who gave up her time to do cup cake decorating with little ones, Jodie from Face Me Fabulous who did some wonderful face painting and the many companies that donated raffle prizes.

We couldn't do events like this without the support of the local community and our dedicated volunteers. It was lovely to see the Deputy Mayor Cllr David Naghi as well who thoroughly enjoyed his coffee and cake. What a lovely way to end National MS Awareness Week!



I'm sure that you know, without having to look it up in the dictionary, that **acrophobia** is the official term for a fear of heights (ok, yes, I did have to look it up). **Freya Claes** is just such a person – an acrophobic – who, despite 'getting dizzy standing on a chair' undertook a 9 storey abseil to raise funds for Kent MS Therapy Centre.

On Sunday 8 April Freya and her boyfriend, Chris Thomas, joined a small army of fundraisers for good causes in Kent by completing a charity abseil from the top of Thomas Place in Maidstone. Freya's motivation was to show support for a friend, Monica, who was diagnosed with MS a few years ago.

Freya's boyfriend Chris, who runs Mag Mell Renovations, threw the full weight of his company contacts behind their fundraising efforts and topped up the donations they received, "I think Chris was worried at one point about how generous people were being, but he stuck to his promise and his company added a further 20% to what we'd raised" laughed Freya.

## The Highs of Fundraising for KMSTC



# FABULOUS FUNDRAISERS

"Living with MS has been tough for Monica, but she has been so strong I felt I needed to do something big to show her my support," explained Freya, "I'm so grateful to everyone who encouraged us with their donations – we raised over £1,000 each in the end!"

Freya and Chris were cheered on by Monica and a number of other friends and colleagues. The 100ft abseil took only a couple of minutes to complete but Freya still isn't a fan, "I'm so pleased to have faced my fears, but honestly, it was horrible! I'm never doing it again! Monica thought it was hilarious!"

"We are tremendously grateful to Freya and Chris for taking on this fundraising challenge, without brilliant people like them KMSTC simply couldn't continue to offer support and therapies for people living with MS," commented Head of Fundraising for KMSTC, Moira Mitchell.

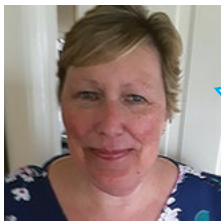
### Up for a challenge?

*As Freya has demonstrated, a fear of heights is no barrier to launching yourself off a 100ft building! With lots of Challenge Events to choose from, there's certainly something to pique your interest – get in touch with Moira or Sarah to find out more or visit our website and search for 2018 challenge events.*



## FEATURED MEMBER

Helen Broadwell



My last job was as a Specialist Nurse in Bowel Surgery and I put my heart and soul into it. When you come to the realisation that your own health could be compromising the quality of your work it can be heart-breaking.

**Former Nurse, Helen Broadwell**, is both a member and volunteer APS Therapist at KMSTC. Helen's own MS diagnosis came back in 2008 when a colleague of hers commented that she had a 'funny gait' and recommended that she get a check-up. Helen had been experiencing some numbness in her left leg so didn't argue when a colleague more or less frog-marched her off for an examination. A back X-ray highlighted some degeneration in her spine and she was referred to an orthopaedic surgeon for further investigation.

An MRI revealed lesions in the brain and spinal cord that are characteristic of Multiple Sclerosis, 'You could have knocked me down with a feather,' commented Helen, 'And because, I was in such shock that I kept the news to myself for five days. I didn't want to worry my family'.

Helen continued to hold down her busy, full-time job for nearly another three years after her diagnosis, but found it increasingly

difficult. The fatigue took its toll and, after three relapses in the space of a year, she took medical retirement in 2011. 'My last job was as a Specialist Nurse in Bowel Surgery and I put my heart and soul into it. When you come to the realisation that your own health could be compromising the quality of your work it can be heart-breaking.'

### APS Therapy

After a relapse in 2016, Helen found her mood very low and was encouraged by Karen, Support Manager at the Centre, to have some counselling. 'Seeing Avril helped me get things in perspective and to realise that I wasn't being silly; I had lost my Mum in the November after my MS diagnosis in September. I hadn't

worked through any of my grief properly, such had been my focus on simply keeping it together. Once I started to feel more myself I wanted to give something back and Karen suggested volunteering as an APS Therapist.'

APS Therapy works by sending micro-currents through the body to 're-boot' the electrical system. This encourages electrical impulses to be transmitted more efficiently and reduces pain and other problems arising from the 'interference' caused by MS. Whilst it can't repair the myelin damage inflicted by MS, APS Therapy does help with symptomatic relief.

### Become an APS Therapist

The Centre needs more APS Therapists and Helen would encourage anyone with an interest to find out more. 'I enjoy both receiving and delivering APS Therapy. It really isn't hard to do and all volunteer therapists receive full training and support. As I have MS I find it very easy to empathise with fellow members and enjoy the conversations we have while this gentle and non-invasive therapy does its work. You can even have APS Therapy in water – just like a Spa Day!'

***To find out more about APS Therapy, please contact the Centre.***

# Dates for your diary...

Stay up-to-date by checking our website and Facebook pages for information as new events are added all the time.

School's Out for...

## SUMMER QUIZ

**Thursday 28 June  
6.30pm-10pm**

Kent MS Therapy  
Centre

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## SAUSAGE SIZZLE



AT  
**BUNNINGS**  
warehouse

**Saturday  
30 June** 2  
**8am-4pm**  
at Bunnings  
Warehouse  
Westwood,  
Broadstairs.

## BELMOND BRITISH PULLMAN TRIP

**Saturday 20 October**  
**Departing from London  
Victoria at midday.**



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## Making Strides for MS... 3

**Saturday 15 September, 11:00am**

At Mote Park book via [ticketsource:](https://www.ticketsource.co.uk/kent-ms)  
<https://www.ticketsource.co.uk/kent-ms>



Join us for a sponsored charity 3k or 5k walk followed by a community picnic in beautiful Mote Park, Maidstone and raise vital funds for the Kent MS Therapy Centre.

This is the first organised walk that we've hosted and it's open to people of all ages. Plus well-behaved dogs on leads are welcome too!

The 3k route is completely suitable for everyone, including those in wheelchairs and scooters as the route is on pathways. The majority of the 5k route is completely accessible too apart from 1k which is across grass.

The cost is £10 for adult participants (age 16 plus) for either of the walks, children aged 5 – 15 will be charged £5 and youngsters under 5 are free. It's then up to you how much you'd like to raise in sponsorship for KMSTC.

Participants are invited to bring their own picnics and enjoy these following their walk in Mote Park. There are also plenty of play facilities in the park for children to take advantage of.

*We would like to thank Golding Vision  
for sponsoring this event.*

**goldingvision**

Friday 28 September  
At Chestfield Golf Club

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# CHARITY GOLF DAY

Teams are already signing up for KMSTC's Charity Golf Day taking place at Chestfield Golf Club, near Whitstable on Friday 28 September.

We are aiming to raise **£5,000**.

The cost to enter a team of four is £180 which includes a bacon butty in the morning and one course meal later in the day. There will also be a raffle, auction and plenty of golfing competitions.

We are very pleased to announce that our headline sponsor this year is Quinn Estates. We also have a number of other corporate sponsorship opportunities from £75 upwards. **For more details or to book your team, please contact Moira on [mmitchell@kentmstc.org](mailto:mmitchell@kentmstc.org) or 01227 470876.**



Quinn  
Estates

# MUSIC SHACK FESTIVAL

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Plans are well underway for our very first boutique music festival at the Centre on **Saturday 29 September 2018 from 12pm – 6pm.**

This family event will include great music, drinks and food stalls plus children's activities. Feel free to bring a picnic with you too, then sit back, relax and enjoy the acts performing.

***So far the musical line-up includes:***

- The Marrables
- The Melody Singers (our own KMSTC choir!)
- The Gallerys (sic)
- Symbolic Penalties

The Marrables



The Melody Singers



The Gallerys



***Ticket prices for this event are:***

Standard Adult Ticket (Ages 16+): **£10**  
Standard Child Ticket (Ages 5-15): **£5**  
Standard Infant Ticket (Ages 5 and under): **Free**  
Family Ticket (2 Adults + 2 Children) for: **£25**

**Book NOW via ticketsource:**

**<https://www.ticketsource.co.uk/kent-ms>**



## FEATURED ACTIVITY



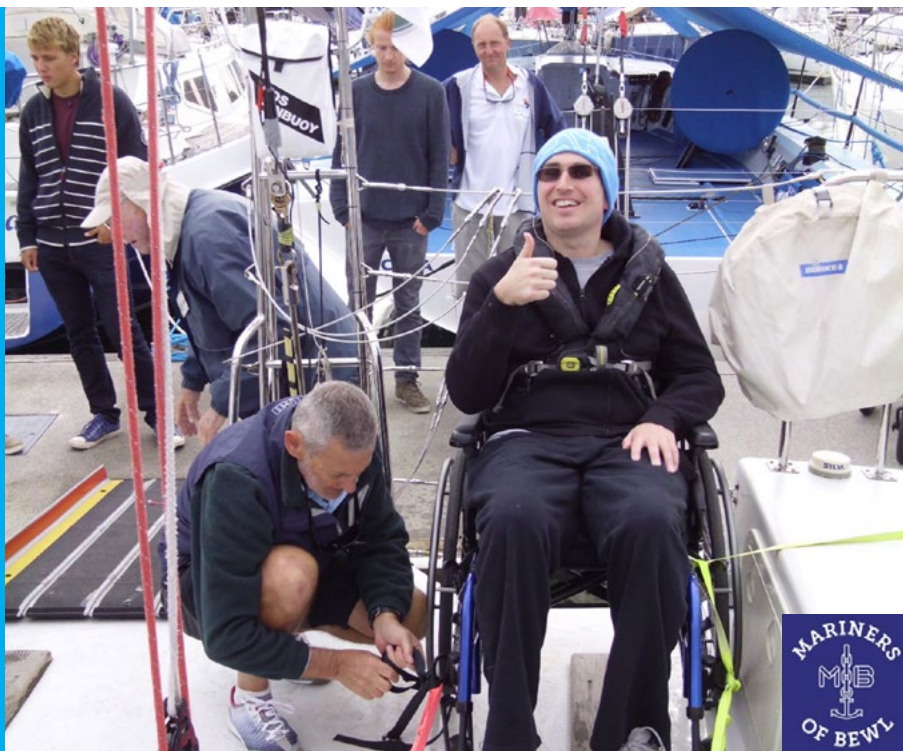
## Sailing Sclerosis is launching a new event for 2018 at Bewl Water – The Oceans of Hope Challenge

**Oceans of Hope** provides and promotes opportunities for people living with MS to challenge themselves and gain new skills and confidence along with others affected by MS in a sailing environment. **Sailing Sclerosis** is non-profit making and run by volunteers.

Members of KMSTC are invited to a fun-packed, fully-accessible weekend of sailing and watersports in the company of others living with MS at **Bewl Water!**



## THE OCEANS OF HOPE CHALLENGE



They have a range of vessels to cater for any ability wishing to try sailing/watersports or improve their sailing skills.

Bewl Water is the largest inland water in the South East, set in an outstanding 800 acres of beautiful countryside. The Bewl Water Outdoor Centre offers modern, fully accessible, comfortable accommodation and catering facilities.

### The details

Dates: 10th - 12th August 2018

Cost: £179 per person, including accommodation and food

Location: Bewl Water Outdoor Centre,  
Bewlbridge Lane,  
Lamberhurst TN3 8JH

To participate, please email: [challenge@sailingsclerosis.com](mailto:challenge@sailingsclerosis.com) for an application form.

Visit the Oceans of Hope website to find out more: [www.oceansofhope.org](http://www.oceansofhope.org)



## Shop online and help us for free

If you shop online, please think about making purchases through [www.giveasyoulive.com](http://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, £1,573 has been raised for the KMSTC this way.



It costs £586,000 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](http://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
- Savoo.co.uk

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

See [kentmstc.org.uk/fundraising/donate-to-kmstc](http://kentmstc.org.uk/fundraising/donate-to-kmstc) for more information.

### 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](mailto:info@kentmstc.org)

### Kent MS Therapy Centre is open:

Monday to Friday, 8am to 8pm

Saturday, 8am to 1pm.

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

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

[www.instagram.com/kentmsttherapy](https://www.instagram.com/kentmsttherapy)

**Kent MS Therapy Centre** is a registered charity.

Registered charity number: 801382

Registered company number: 2339750

**Chair of Trustees:** Sharon Wilding

**Patrons:** Frank Brake, Rob Key – Kent & England cricketer

*Please add our email addresses to your contact list so our emails don't get trapped in your spam filter.*

**Data protection** – *Please rest assured that any contact information we have for you is held in the strictest confidence. We do not sell or share your details with anyone.*