

KMSTC  
NEWS



IN THIS  
ISSUE

# In touch

NEWS

AUTUMN 2018



FUNDRAISING  
NEWS



“ Welcome to our Autumn newsletter...

Six months in and I continue to be deeply impressed by the humour, dedication, and commitment of our wonderful community – Members, Volunteers, Family/ Carers, Therapists and Staff are all a vital and special part of the Centre. It really is a lovely place to be.

I have had many discussions with many Members and it is so heartening that we are all on the same page. Put simply, we all want the same thing – **a vibrant and special Centre for Members** that continues to improve and is here for years to come.

My main focus over the last few months has been on strengthening our financial position with a view to increasing our sustainability to ensure our future. This includes reviewing and improving our systems and processes to ensure they are fit for purpose and can effectively support the activities of the Centre for Members. In addition, alongside the wonderful Fundraising Team, I have been reaching out to a number of major donors.

*Continued over*



WHAT'S  
NEW



DIARY  
DATES



Kent  
ms  
Therapy Centre

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

Following a rigorous process I am delighted to announce that **The Frank Brake Charitable Trust** has not only agreed to support the Centre once more, but to significantly increase the level of support. However, as is often the case with Major Donors, the support is conditional on us upping our game in terms of improving operational efficiency, reducing the costly cancellation rate, and building relationships with other Trusts and Foundations. As outlined above – this is just what I have been working on. Potentially, Frank Brake will gift us **£70,000** over the next 24 months if we can show improvements in this area. I will be rolling out a number of changes and improvements over the next few months as a starting point and send a rally call to you to continue to play your part to ensure we achieve this for the Centre.

As summer memories fade into the distance I wish you all a wonderful Autumn.

Warm wishes,  
Keziah



## WHAT'S NEW

Based in Maidstone, **SE DriveAbility** will accept referrals from your GP, Health and Social Care Professionals and self-referrals. There is a charge for a full assessment, payable upon application.

## Featured Service: South East DriveAbility

**South East DriveAbility** is a service from Kent Community Health NHS Foundation Trust who support people with disabilities who want to learn to drive, they also support people in staying on the road safely whilst living with a health condition.

Recently SE Driveability helped **Christine Edwards**, who has been living with MS for over 30 years, to regain her independence and get back behind the wheel after a break of many years. Through a gentle process of assessment, Christine's ability to cope with the demands of driving were evaluated before she even sat behind the wheel of a car. Having passed the initial assessment with flying colours, Christine felt confident enough to move on to the practical. After taking to a specially marked course, the assessor recommended Christine drive an automatic vehicle with power steering as she has limited mobility and strength down the left side of her body. A few weeks later she had a second in-car assessment to see how she was getting on and if she needed any more adjustments.

'Driving is so important for people living with impaired mobility. Being able to go out, attend appointments, have a social life and get to work without the need for help from someone else is key to tackling social isolation,' explains Support Manager at KMSTC, Karen Middlemiss. 'We would encourage our members to find out more about how, with support and adaptations, it is possible to keep motoring.'

Email the team at [kcst.sedriveability@nhs.net](mailto:kcst.sedriveability@nhs.net) or  
phone 01622 606900 for more information.

## KMSTC Outdoor Gym is now open!

A physiotherapy assessment/instruction is not required to use the outdoor gym. Please read the instructions for each piece of equipment carefully prior to use. You are responsible for your own health and safety when using the equipment.



*Come  
and try  
it out!*



## Promoting Independence Grants

**Did you know** that there are grants of up to £30,000 available for property adaptations to help disabled people? Grants are available across the whole of Kent for home owners and those who rent privately or through a housing association. The grants are non-means tested.

**The East Kent Home Improvement Agency**, who recently visited KMSTC to talk about their services can provide help with everything from minor works to full-scale adaptations and will offer free advice and guidance that aims to help take the worry out of finding yourself stuck with rogue traders. To find out more, contact them on 0800 028 3172 or email [careandsupport@peabody.org.uk](mailto:careandsupport@peabody.org.uk)



## It takes good guts!

Carol Marlow DipION MBANT CNHC  
Registered Nutritional Therapist

Unless you have been hiding under a rock somewhere you cannot have failed to notice increasing interest both in the media and by the medical profession in gut health and its impact on health. While this is welcome it is nothing new. 2000 years ago, Hippocrates, renowned as being the Father of Medicine is quoted as saying “All disease begins in the gut”! The recent Eat Well Feel Good courses at KMSTC have concentrated on how to eat to achieve the best gut health possible and improve overall well-being.

Within the gut is a community of bacteria, fungi, viruses and other small organisms which are known collectively as a microbiome, these organisms are often referred to as good and bad bacteria. Everyone will have different numbers and strains, but the widest array of the

good ones will be found in people eating a wide diversity of plant foods and who have minimal exposure to environmental toxins and stress. Approximately 80% of your immune response is controlled within the gut and there is growing scientific evidence that the health of your gut

microbiome is a major player in moderating/ preventing diseases such as diabetes, heart disease, obesity, mental health and autoimmune disease. It appears to be a case of if you care for your gut microbiome then it will take care of you! Think of it as an internal best friend!

So, what can you do to keep your friend happy? My tops tips are:

- 1. Moderation** – Eat less or avoid completely refined, processed foods. These are high in sugars and bad fats. They bring nothing useful to the health party.
- 2. Variety** – Eat a rainbow every day. By increasing varieties of plant foods and maximising colour you will be eating a wide range of different nutrients.
- 3. Include 1 to 2 servings of brassicas daily**, these include broccoli, cabbages (all varieties and colours), sprouts and cauliflower.
- 4. Eat onions and garlic** in both cooked and raw form.
- 5. Use herbs and spices** – ginger, turmeric, cumin, cinnamon, oregano and rosemary add flavour but also have anti-inflammatory and gut nurturing properties.

**6. Eat fermented foods** such as sauerkraut, kimchi, kefir and unpasteurised cheeses. These contain important health boosting vitamins and minerals as well as live strains of beneficial bacteria.

**7. Pulses and beans** – these contain high amounts of prebiotic fibre which are food for the good bacteria.

**8. Finally keep well hydrated** by drinking filtered water-based drinks.

By incorporating the above recommendations, you will be providing your gut with the fibre the good bacteria need to thrive and plenty of micronutrients to support health. There is a lot more to this subject and if you would like to increase your knowledge then please enquire about upcoming 10 week, Eat Well Courses and workshops planned at KMSTC. Our next course commences on 9th October.

*Please note the information given in this article is for general interest and is not a substitute for seeking medical advice where appropriate.*



Ian Bryant



## MS National Therapy Centres Conference

My wife Caroline and I attended the annual MS National Therapy Centres conference, at our own expense, in July.

**MS National Therapy Centres** is the umbrella organisation for most of the MS centres around the UK. It provides advice and guidance on many matters and most importantly sets the rules for running oxygen therapy.

The conference, which was well attended by around 80 delegates, is an opportunity for representatives of the various centres to get together to exchange ideas, and to listen to speakers on a range of topics. These included, ways to increase volunteer numbers, fundraising ideas, how to reduce cancellations, ideas around oxygen therapy and looking after newly diagnosed members.

Suggestions to find volunteers included; links with universities to get volunteers for specific projects, such as physio students to assist in the gym, and approaching friends of existing volunteers. Some centres have a volunteer coordinator and others have volunteer recognition schemes, sponsored by local businesses.

**The Foundation for Social Improvement** gave an excellent fundraising presentation. One centre is starting a project to map all the connections between their trustees, members, volunteers and staff to extend their reach to more people for fundraising. One centre raised significant funds by working with a local business to let out their car park on Saturdays before Christmas. Centres covering large geographical areas have local fundraising teams concentrating on outlying areas.

Cancellations are a problem for most centres with sessions being shown as full, only to be available by last minute cancellations. This makes it difficult for some members to obtain sessions at all. To reduce cancellations some centres now charge members after two cancellations and others prevent booking in advance for regular offenders, and others only take bookings two weeks in advance.

To reduce the trauma for newly diagnosed members coming to the centre initially, one idea being trialled by one centre is to have a night exclusively for those newly diagnosed with MS. Other centres have specific greeters for new members to help them settle in to the centre.

Some centres have started to make their own oxygen rather than purchasing from BOC. The PSA plants (pressure swing absorption), can save significant money, but the plant costs around £15,000.

Overall the conference was well worth attending and should be a regular date in our calendar.

Find out more on their website:  
[www.msntc.org.uk](http://www.msntc.org.uk)



Multiple Sclerosis  
National Therapy Centres

# KMSTC NEWS



## Some sad news

Pauline Weeks gave up endless amounts of time to help fundraise for our much-loved Centre, often attending collections and events throughout the year. Sadly, we learnt that Pauline passed away recently. We would like to extend our condolences to her family and friends. Pauline will always be remembered as a wonderful volunteer and beloved friend. She donated her belongings including books, clothes and bric-a-brac, to the Centre in order to help us raise vital funds. Pauline's generosity will always be remembered, and we cannot thank her and her family enough.

## One step closer to Champion funds



We're delighted to tell you that we are through to the next stage of The Big Give Christmas Challenge as we managed to obtain £1500 in pledges from our lovely KMSTC supporters!

KMSTC will find out by 5 October if we have secured Champion funds which will double the amount we have obtained in pledges, taking us to £3,000 of our £6,000 overall target. The money we receive through this campaign will go towards our fantastic Hydrotherapy service for people living with MS across Kent.

We'd like to thank everyone who has supported this campaign so far and we will keep you updated as to our progress. Fingers crossed we secure our Champion funder!



The Kent MS Therapy Centre is bringing to you a boutique music festival 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 bands performing. The acts are:

- The Marrables
- The Melody Singers
- The Gallerys
- Symbolic Penalties
- Covered
- Jazz duo Dulcie May Moreno and Stephen Bridgland

Buy your tickets here:  
[www.ticketsource.co.uk/kent-ms](http://www.ticketsource.co.uk/kent-ms)



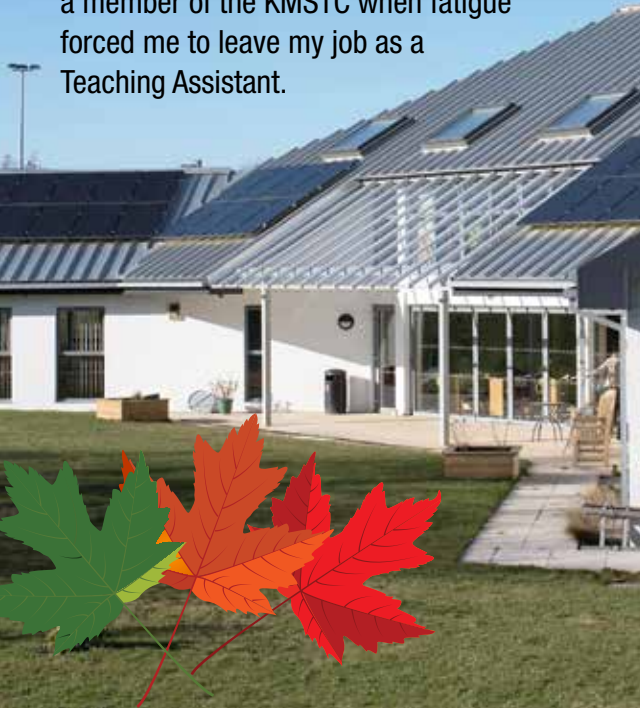
## Corporate links growing

We'd like to thank The Civil Service Insurance Society in Maidstone for agreeing to be our headline sponsor for our Making Strides event at Mote Park Maidstone in September. In addition Gallagher in Aylesford produced all of our walk signage at no cost to us and we are extremely grateful for this kind gesture. Corporate support is extremely important to KMSTC and we are delighted that both of these organisations have partnered with us.

# Karen Brown tells us about Gardening Club



I was diagnosed with relapsing-remitting MS over 30 years ago. In 2016 I became a member of the KMSTC when fatigue forced me to leave my job as a Teaching Assistant.



On my first visit to the Centre I was immediately struck by the calm, friendly atmosphere. The building is filled with natural light, and I found it relaxing to sit looking out of the patio doors while waiting for a treatment or enjoying a cup of coffee. The only thing I felt would improve the view was being able to look out on flowerbeds.

I have gardened for many years and, as my ability to enjoy walks in the countryside has diminished, my garden has become my outdoor space. I am a firm believer that gardens have the ability to inspire a sense of wellbeing. Although I now need to take frequent breaks, I find that gardening keeps me active and improves my mood. I find it very satisfying to grow my own vegetables, and in order to make life easier my husband designed and built raised beds for me.

When I suggested to Karen Middlemiss that raised beds at the back of the Centre could provide colour, scent and interest, and possibly the opportunity for people who do not have easy access to a garden to enjoy this activity, she was very supportive. After getting the appropriate approval, a start was made on the first bed. My husband cut up the wood and delivered it ready to be assembled by **Lucy Cumberland** and

her husband. Following feedback from some Centre users a taller second bed was constructed making it easier to enjoy the plants from a wheelchair or mobility scooter.

As the garden venture grew it became obvious that I was unable to care for it by myself, and I was delighted when a number of people responded to my plea for help. We now have an active Gardening Club whose members not only tend the raised beds but have also taken on the large beds at the front of the Centre which were so beautifully established by **David Tompkins**. They are all keen gardeners and some have brought plants from their own gardens to fill gaps in the beds. A lot of the enthusiastic digging, clearing and watering took place during the spell of extremely hot weather when sunscreen and bottles of water were as essential as gardening forks!

Planting had to be suspended due to the heat, but as the weather gets cooler we hope to get more plants in. If anyone has any cuttings or plant divisions from their own gardens we would be very grateful to receive them.

# FUNDRAISING NEWS

The Thanet and London District Grand Rank Association kindly chose KMSTC as their charity of the year after their president, Phillip Ansell, had heard about the Centre through his friend, a regular member.

Sarah Bosley with the President, Phillip Ansell and his wife Edna at the Dinner & Dance



On Saturday 1st of September, the Association held their annual Dinner & Dance at the Royal Manston in Ramsgate. At this event there was a wonderful three course meal, followed by a charity raffle in aid of the Centre. The bottle of brandy and whiskey raffle raised **£157.20**. The main raffle raised **£665.00** and there was a donation of **£50.00** which all totalled **£872.20**.

After this amount was announced, an anonymous donation came in for **£127.80** to increase the grand total to **£1000**. This will be banked pending their Christmas Lunch in early December which is also in aid of the Centre.

Our sincere thanks to everyone at Thanet and London District Grand Rank Association.

## National Citizen Service Fundraisers

More than 400,000 young people across the UK took part in this, and the Team 'Cool Cool Cool' in Canterbury generously chose to fundraise for KMSTC. **Romy Mullane**, the daughter of one of our members, chose the KMSTC as she has seen first-hand the amazing work we do here.

The Team went out and about at Whitefriars, and raised an impressive **£265.66** from collecting money from the public. An additional **£260** was raised via **GoFundMe**, increasing the grand total of funds raised to **£525.66!**

NCS is a program for 15 to 17 year olds to embark on exhilarating challenges, whilst building on skills for work and life.



**NATIONAL  
LOTTERY FUNDED**

*Lottery has  
awarded £10k for  
Hydrotherapy*

We've had to keep this quiet for a while, but we can now announce that KMSTC has been granted **£10,000** from the **#NationalLottery** to fund our hydrotherapy service for people living with MS!

Thank you Awards for All and the Big Lottery Fund for helping to fund our project. We are beyond excited and so thankful. Time to celebrate!



**Dress Code:**  
**Black Tie**  
**Carriages: 1am**



**Join us for our Christmas Ball  
where the theme this year is:**

*A touch of  
Sparkle*

**DARWIN CONFERENCE SUITE**

**UNIVERSITY OF KENT, CANTERBURY | SATURDAY, 1 DECEMBER 2018 | 7PM**

*The evening commences at 7pm  
and will include a reception drink on  
arrival followed by a three-course  
meal, live band, raffle, auction and  
other entertainment.*

*All profits from the event will go  
towards supporting the work of  
the Kent MS Therapy Centre, which  
provides vital services for people  
living with MS across Kent.*

**Tables of  
10 available at £500 per  
table or individual  
tickets priced  
£50 each**

## **HOW TO BOOK**

Book your tickets by calling the Centre on 01227 470876. Payment can be made by BACS, credit/debit card, cheque or cash. To secure your tickets, a 50% deposit needs to be made within 2 weeks of making your booking.

## FEATURED MEMBER

Caroline  
Macdonald-Bryant



### My Unwanted Friend and Me

Caroline Macdonald-Bryant tells us about her experience of living with MS

October 2007 was when my unwanted friend (MS) first entered my life. By 2012 it was having a very negative impact: I had to stop teaching; my friends were all still working; I was finding it difficult to adjust. Needless to say, I was not in a good place.

July 2015, unknown to my unwanted friend things were about to change. A close friend showed me an article in the Kent Messenger about the new Kent MS Therapy Centre. I wasn't sure this was for me, after all I had a great consultant who I believed and trusted, and still do, so what could this centre do for

me? How wrong I was! Since walking through the door and having a very encouraging meeting with Karen I have not looked back.

The beginning of my journey to a positive relationship with my unwanted friend began with a couple of constructive counselling sessions. Then by starting Oxygen Therapy, I felt I was taking back control. When the door opened after my last Oxygen Therapy session I experienced a great sense of achievement. I felt, and continue to feel, so much better – no afternoon naps, spirits high and brain fog lifted.

I then tried Reflexology and again this weekly therapy has been very beneficial. At this time, I also undertook extensive research into diet and the gut microbiome. Having read many books on this subject written by Doctors with MS, I decided to change my diet. I believe that this has contributed significantly to my wellbeing. It all takes time and effort but I think we are all worth the investment.

My thinking has changed from focusing on what I **can't do** to what I **can do**. It normally involves a compromise or thinking outside the box but life is all about the challenges isn't it?

I believe that it has been this holistic approach (therapies, exercise, diet and mindfulness) that has helped to shape my positive attitude to my

MS. Although we are never going to be best buddies, I have learnt to live and tolerate my unwanted friend and through KMSTC I have found new friends and my life is richer for it.

Along with Mary Cox and Ian Howells, Caroline has recently joined the board of Trustees at KMSTC – welcome aboard!



# 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.

## PAMPER AND PROSECCO



Treat yourself to a Pamper and Prosecco Day!

Sunday, 14 October 12:00pm-6:00pm  
KMSTC

A range of pre-bookable mini beauty treatments on offer such as Massage, Reflexology, Nails, Hair and Make Up, plus a charity raffle and refreshments.

We will also have a number of stalls showcasing beauty products – perfect to purchase for gifts. This is a great excuse to get glam before the festive season whilst enjoying a glass of Prosecco!

## ROYAL PARKS HALF MARATHON



All of our 10 charity places for the Royal Parks Half Marathon have now gone and we would like to wish our runners the best of luck on Sunday 14 October. It is hoped this event will raise approximately £4,000 for KMSTC through sponsorship.

<https://royalparkshalf.com>

## BELMOND

### BRITISH PULLMAN TRIP

Saturday 20 October

Departing from London  
Victoria at midday.

*Treat someone special  
on this amazing trip!*

We have just four tickets left for our trip of a lifetime through the Surrey Hills on the Belmond British Pullman departing from London Victoria station on **Saturday 20 October 2018**. This is the perfect opportunity to treat someone special to a steam-hauled journey on the sister train to the Venice Simplon-Orient-Express. This fine dining experience ties in with **KMSTC's 34th birthday** and will feature a champagne reception, canapes, a sumptuous five course lunch with a bottle of wine per couple, coffee, tea and petit fours. Tickets are priced £395 per person and bookings can be made at reception or through Moira Mitchell, Fundraising Manager.

<https://kentmstc.org.uk/event/belmond-british-pullman>

*We have now secured 25 teams for our Charity Golf Day at Chestfield Golf Club on Friday 28 September. Holes can still be sponsored for £75 each or two for £100. A great way to promote local businesses. Please contact Moira Mitchell, Fundraising Manager for more details.*

<https://kentmstc.org.uk/event/golf-day-3>



# HALLOWEEN QUIZ NIGHT

Thursday November 1, 7:00pm-10:00pm  
Canterbury College, New Dover Road, Canterbury, CT1 3AJ

Join us for some spooky fun at this year's  
Halloween themed quiz night!

Only  
**£10**  
per person

## Evening includes:

- Chilli (meat or vegetarian)
- Bar
- Charity raffle
- Prize for the best fancy dress (optional)
- Prize for the winning and losing team

*Teams of 6 people*

To book email Sarah Bosley (sbosley@kentmstc.org), or ring the Centre to make your payment (01227 470876). Payment must be made in full up front.

Thursday December 6  
7:00pm-10:00pm

4

**£25.35**

*We have 10 places for Santa in the City –  
London's iconic 5k Santa Run!*

The **Santa Run** is the only event where you'll run past some of the most iconic locations in the world, dressed as a Santa!

This event is the perfect way to get you, your friends and family into the London festive spirit!

If you'd like to run for KMSTC, complete the application form and pay £23 plus a booking fee of £2.35. and return to mrmitchell@kentmstc.org

Included in your registration fee is **your very own Santa Suit**, individual running number and medal. Plus the chance to say you were part of this year's event!

For more details, please take a look at the Santa in the City website:  
<https://santainthecity.co.uk>

*We ask that each participant running for KMSTC aims to raise at least £100 for our charity.*

*Please note: Runners must be over 8yrs old to enter and accompanied by an adult if under 16yrs old.*





## 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, £2,385 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

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

**Patron:** Frank Brake

*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.*