

KMSTC  
PEOPLE



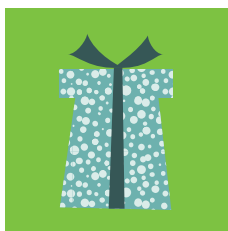
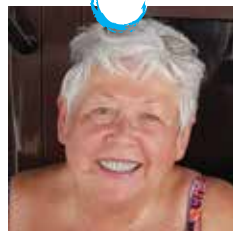
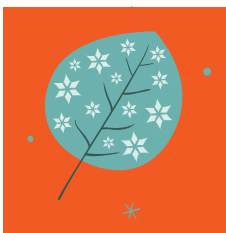
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WHAT'S  
NEW



THERAPIES  
IN THE  
SPOTLIGHT



# In touch

NEWS

WINTER 2018

“ Thank you for all your support during the last few months while we have been working on improving our systems and processes to help strengthen our future.

This includes your patience during the *Great Email Black Out!* There is some way to go but great progress has been made.

As we improve the operational side of the Centre, we are more likely to receive the second £20,000 from the **Frank Brake Charitable Foundation**, and the second £10,000 from **The Meads Trust** – just two of our generous Trust supporters.

With firmer foundations in place, my focus will shift to further strengthening our financial position by applying to even more Trusts and Foundations, generating revenue by mopping up spare capacity when not in use for MS-related activities so we are able to offer more to our members. We have this wonderful building – we need to use it more!

A particular thank you to our brilliant staff and volunteers for rising to the challenges of the last few months.

Wishing you all the most wonderful Christmas and a very Happy New Year.

Keziah

Keziah Cunningham, CEO



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

## WHAT'S NEW



Trustee David Bailey has this update on the recent programme of IT upgrades at the Centre.



## IT Upgrades at KMSTC

We have installed a new fibre broadband service which has given the centre a consistent, high-speed network of 50 mpbs in each direction – a vast improvement on the previous service. This provides the Centre with the capacity it needs to run its systems and to fully exploit the marketing and community engagement opportunities afforded by today's social networks.

We are in the midst of installing a new WIFI system that will provide an upgraded internal staff network and a Members/Guest network for visitors to the Centre. This will improve response times and improve security. The guest login will be similar to that which you might experience in a hotel. The current password will be on display at reception.

The increased broadband capacity has allowed us to switch to the Office365 cloud service, which means that emails, files and information can be accessed remotely, via the internet and is hosted on servers that are significantly more reliable.

Now that we have the basic infrastructure that is fit for purpose, we will be reviewing the software and application system needs of the Centre.

We are particularly grateful to Dave Lawrie, the MD of A.L.E. who, after his original donation of equipment, continues to give the Centre a very good deal on all things 'IT'.



Guests enjoyed a wonderful night at KMSTC's Christmas Ball where the theme was 'A Touch of Sparkle'.

The room was packed with supporters and members who enjoyed a three-course meal, followed by live band **The Compilation** who kept everyone dancing with an array of Soul, Funk and Pop hits.

We'd like to thank everyone for attending our biggest fundraiser of the year and to staff from **Barclays Canterbury** who volunteered on the night, helping with the raffle and live auction hosted by **Clive Emerson Auctioneers**.



The grand  
total raised was:  
£10,275<sup>20</sup>

*A wonderful finale  
to 2018*



# KMSTC PEOPLE



## Meet the KMSTC Fundraising Committee

Members of the hardworking **Fundraising Committee** are to be found in the Donation Station on a Monday, sorting through items kindly donated to the Centre which then go on to be sold in the Centre Shop raising over £14,000 last year. The Committee also staff the Shop, Deal Undercroft Market four times a year, the Summer Fayre, Easter Egg Hunt, Christmas Market, Vintage Teas... the list goes on. Chances are that if you've visited any of the events at the Centre and had a drink, a cake or a biscuit you will have met one of the team.

'The Fundraising Committee do such an important job for KMSTC,' commented Sarah Bosley, KMSTC Community Fundraiser, 'I would encourage Members, Associate Members and Supporters to get involved with this lively team.'

## A shift at the shop?

'What we really need is some more helpers,' Sheila explains, 'we're not getting any younger and all this activity is wearing us out!' So, if you could spare an hour or two to help in the donation station mid-week, staff the shop or help with events at the Centre, the Fundraising Committee would be delighted to hear from you. Drop Sarah Bosley a line via email [sbosley@kentmstc.org](mailto:sbosley@kentmstc.org) or call the Centre to express your interest.

*Huge thanks to the whole team, who are: Sheila Baker, Sue Barrow, Les Barrow, Margaret Clark, Mary Cox, Jackie Hammond, Rosemary Hobbs, Heather Howe, Sue Lawson, Charlie Potts, Sheila Underwood, Peter Walker.*

## Meet Chris Barnett – Oxygen Therapy Operator

For the last two years regular HBO users at KMSTC might have had the pleasure of meeting Chris Barnett, one of the highly trained team of volunteers who operate the hyperbaric chamber. It turns out that Chris is no stranger to hyperbaric chambers having worked as a diver and then diving instructor and has a very good technical understanding of the whole process.

'I am a member of Sunlight Rotary and when we were kindly invited to visit the centre after presenting a cheque for proceeds from a Golf Day I was very interested to see the hyperbaric chamber,' explains Chris, 'I immediately thought this was something I'd like to help with. Of course as a diver, I understood how hyperbaric chambers were used in the treatment of decompression sickness and, for that matter, carbon monoxide poisoning. The pressurised environment helps to push oxygen molecules into the bloodstream to replace the bad gases, such as nitrogen or carbon monoxide, but I wasn't aware of its therapeutic value for MS and other conditions until my visit to the Centre.'

Chris has dived in some pretty amazing places, including Indonesia, The Caribbean, The



emergency buoy which took me back to the surface safely and all was well.'

Of KMSTC, Chris notes how universally cheerful people are, no one complains to him about their condition, they are amazingly positive. 'It's pleasing to see how many strong friendships have formed in the Oxygen Therapy Chamber. There's always great banter and new faces are welcomed readily.' To anyone anxious about having Oxygen Therapy, Chris would simply say, 'It is tremendously beneficial, and you will be walked through the whole process by a trained operator. It's safe, non-invasive and, if you have issues at all, the session can be stopped and the problem solved. Trust the training, trust the operators!'



Philippines and Egypt. 'The only hairy moment I can recall is when I got separated from my dive buddy in a 'washing machine' current that flipped me round and round leaving me completely disorientated. But, the training kicks in and you know what to do. I inflated an

## Some sad news

We were very sad to hear that former Chairman and Honorary Member of KMSTC, Ron Stewart, passed away in October at the age of 88. Ron, who was the 26th person to join Kent MS Therapy Centre, is survived by his wife, Gwen, and daughter Rhonda.

Ron served as Chairman in the early years of the Centre and was a regular Oxygen Therapy user for three decades.

Gwen says, 'I am tremendously grateful to everyone at the Centre for their support and care over the years. Ron benefitted so much from the therapies he received from KMSTC, his general health and wellbeing improved 100% thanks to the Oxygen Therapy.'

Ron will be sadly missed by all who knew him at the Centre. We send our love and condolences to Gwen and the family.

## FEATURED MEMBER

Tony Teed



Originally from Essex, Tony Teed and his wife, Kate, moved to Kent for Tony's work in the print and direct mail industry. Real childhood sweethearts, Tony and Kate have been together since they were 13 years of age and got married at 17. Now in their 50s, the last five years have been some of the most challenging of their lives.

It was at Christmas five years ago that Tony noticed his right leg was dragging a little on the walk home, 'and no, it wasn't because I had been drinking!' smiles Tony, 'I knew straight away that something wasn't right, but it took me two years to get a proper diagnosis.' From pain in his legs to the classic brain fog, MS had been taking its toll on Tony both physically and psychologically. 'I finally had a lumbar puncture

at Guy's Hospital three years ago. I had to call them to chase up the results and was given the shocking news that I had **Primary Progressive MS** there and then on the phone. As you can imagine, it was a tremendous blow, but just a fortnight later Kate was diagnosed with breast cancer. We were both utterly devastated. Thankfully, Kate is now in remission and is able to join me on visits to the Centre from time to time when she's not at work.'

Primary Progressive MS differs from **Relapsing Remitting MS** because, as the name suggests, from the time the first symptoms present it is progressive. Of course, the progress of the condition varies from person to person, but over time the symptoms grow gradually worse rather than the relapses and periods of remission experienced in the other forms of MS. For Tony, his symptoms include pain, muscle spasticity, disrupted sleep, 'brain fog' and fatigue.

### Finding the Kent MS Therapy Centre

'I found out about KMSTC online through my own research. I'm still unclear why no one had mentioned the existence of this amazing place to me before. I plucked up the courage to visit and my goodness I'm pleased I did! My fears of finding a depressing place were completely dispelled the moment I arrived. KMSTC is all about having as good a life as possible with MS.

The friendship and support I have received has been such a source of strength for me.'

### Oxygen Therapy has helped so much

Tony completed his first 20 sessions of Oxygen Therapy earlier this year and noticed almost from the first session that he felt more like himself again, 'I didn't even realise what brain fog was until it finally started to lift thanks to Oxygen Therapy. My pain has been significantly reduced and I'm sleeping so much better these days'. Kate has noticed a huge difference in Tony's general wellbeing...

*'It's clear that he's not as fatigued as before, and I feel like I've got my Tony back.'*

In addition to regular weekly top-up sessions in the Oxygen Therapy chamber, Tony finds Hydrotherapy particularly helpful, 'it's the only place where I can stand up now; it makes me feel human again. I'm determined to help spread the word about the great work done at Kent MS Therapy Centre, I don't know how to express my gratitude to the staff, therapists, volunteers and supporters who make it all possible. You have literally given me my quality of life back.'



## Corporate Supporters

- Quinn Estates
- Pocock Solicitors
- John Lewis & Partners  
Tunbridge Wells
- Nationwide Building Society Ashford
- Red Watch Mess Club at Kent Fire  
& Rescue
- Asda Kings Hill
- Asda Broadstairs  
(Green token scheme)
- Jenner Group
- Gallagher
- Civil Service Insurance Society
- Thorneloe & Co Solicitors
- Asda Broadstairs
- Caxtons Chartered Surveyors
- Fitzgerald Jewellers
- Lloyds Bank Canterbury

**Fundraising at the Centre** is [more than] a full-time job for Moira, Sarah and the team but they wouldn't be able to do it at all without the fantastic support of businesses, clubs, groups and charitable trusts across the region and nationally.

In particular, we would like to share our gratitude to the following supporters who have donated in excess of £500 to KMSTC in 2018.

## Groups

- Royal Cinque Ports Golf Club
- Ladies Captain, Chestfield Golf Club
- Puddleducks
- Rotary Club of Westgate & Birchington
- Thanet & District London Grand Rank Association
- Lower Hardres & Nackington Gardeners Society
- The local National Citizens Service (Team Cool Cool Cool)



## Trusts & Grant Giving Organisations

- Frank Brake Charitable Trust
- Awards for All – Big Lottery Fund
- The Childwick Trust
- William Brake Charitable Trust
- The Roger de Haan Charitable Trust
- The Meads Trust
- John Swire 1989 Trust
- St Saviour's Medical Charity
- Masonic Charitable Foundation
- Kent Community Foundation
- The Thomas J. Horne Memorial Trust
- Canterbury City Council
- Kent County Council
- Cantiacorum Foundation
- The Big Give Trust
- Prudential Small Grants Scheme
- Furley Page Foundation
- The Cole Charitable Trust
- White Horse Charity



# The 2018 Fundraising Roll of Honour



# A Day in the Life of...



**Dr Mohammed Sakel**, Neuro-rehabilitation Consultant and Consultant Clinical Lead at East Kent's Neuro-rehabilitation service at Kent and Canterbury Hospital is a familiar face to many at KMSTC. We thought it would be interesting to find out what a day in the life of such a busy man is like.

Dr Sakel starts the ward round supported by Ward Manager and Dr Mira. Seventy-year-old Paul has proved to be a conundrum. Admitted for traumatic brain injury, his muscles are getting very tight and spasmodic. His gait is becoming less efficient. Physios reported that both legs are affected and rigid. Dr Sakel reviewed the MRI brain scan again and started doubting whether two other separate diagnoses are playing up e.g. stroke and hypoxic brain injury. He explained complex points to the anxious patient that he wishes to add multiple interventions like high dose botox, increasing Parkinson's drug and to arrange a highly specialised DTI scan at a neighbouring hospital.

9:00

Dr Sakel arrives at the office. Over a cup of black coffee, he reviews the brain and spinal scans of the patients in the 19 bed Neuro-rehab Unit. He forwards specific comments or instructions to Dr Mira.

9:45

Dr Sakel visits the ward to do a board review of discharge issues. He says a major responsibility is to keep the flow of patients since these 19 beds are the only Specialist Rehab beds in the county now. Due to resource constraints of social care, families struggle to accept patients back home.

10:15

12:00

Dr Sakel chairs meeting with senior therapy and nursing leads to review all the referrals the service has received this week. A plan is made for which patients are to be admitted, and where others should be signposted to.

12:30

Dr Sakel chairs a strategic meeting with the team leaders outlining developments happening nationally and how the local service could plan ahead. He briefly mentioned the outcome of his recent meeting in the UK Parliament that he chaired for service developments in brain injury care. He takes his box-lunch during this meeting.

13:00

Dr Sakel attends the Neuroradiology discussion where Neurologists bring in complex cases to be discussed and plan whom to refer to Dr Sakel. Dr Sakel had one complex case for which he wants radiologists' opinion.



*“Despite all the challenges, I enjoy a fulfilling professional life in making a difference.”*

The secretary informs that the ITU Consultant wishes to discuss a patient. Consultant Neurologist wished to discuss the same patient. This young patient sustained a severe brain injury after respiratory arrest and is in a comatose state. They want Dr Sakel's opinion on the prognosis and comments on the family's wish to discontinue ventilation. Dr Sakel explained the clinical and legal implications of such cases of Disorder of Consciousness. He suggests sending a detailed referral for him to make an expert opinion before ITU team meets the family.

14:00

Dr Sakel goes to the Stroke Unit to inject botox aided by a nurse and Dr Mira. The patient was agitated beforehand, hence, required extra support.

14:30

Dr Sakel responds to emails from hospital managers & catches up with his medical secretary to plan next week's clinic.

Dr Sakel receives call from his research physiotherapist to discuss the final aspects of the upcoming robotic bionic clinical trial for MS patients. He reviews final paperwork for ethics review, collaboration with MS Charity and device manufacturers Rex Bionics in New Zealand.

Dr Sakel catches up with Dr Mira about patients on the ward. The Physiotherapist pops in to discuss a patient. Dr Sakel finds the OT to liaise about a patient's therapy in the community.

15:00

Dr Sakel returns to office to review all emails. He refines the recruitment paperwork needed for Ward Manager and a new post of Physician Associate who he will have to supervise whilst she acts in a junior doctor's role.

16:45

16:00

15:30

17:00

Dr Sakel starts next chapter of the draft manuscript of a research article.

17:30

Dr Sakel prepares some slides for his next conference presentation.

18:00

Dr Sakel makes his way home, catching up with family both at home and abroad.

Dr Sakel applauds K&C Hospital's commitment to provide the sole specialist service for people with brain and spinal injury in the Kent County. He enjoys leading the highly specialist team in enhancing quality of life for people who sustained devastating brain injuries. He strives for research, education and innovation, in an effort to keep Canterbury in the forefront on the world stage. He says “Despite all the challenges, I enjoy a fulfilling professional life in making a difference.”

## THERAPIES IN THE SPOTLIGHT



### KMSTC Member Brenda Newby talks about APS Therapy

**Brenda Newby** has been a member of KMSTC for six years after receiving her MS diagnosis in 1999. Some of her most debilitating symptoms are leg spasms and the fatigue caused by horribly disrupted sleep, 'I was lucky to get more than an hour's sleep at a time when I first joined KMSTC,' she explains.

'I was really reluctant to try APS Therapy – I thought it was just for pain relief. I'm lucky enough not to have too much pain so I wasn't sure how it could help me. But, after some encouragement and reassurances that APS Therapy could help with many other symptoms of MS (and other conditions), I gave it a go.'

Brenda signed up for the standard treatment protocol but after 18 sessions had to take a five-week break. 'After the first few sessions I actually slept for six hours straight which was

unbelievable. Ironically, I was left feeling quite lethargic because I'd been so sleep-starved until that point. The improvements to my sleep had so many knock-on effects beyond simply feeling less fatigued: my mood improved and I felt more myself. When I had to take a break from treatments, I noticed that my sleep patterns quickly became disrupted again. I couldn't wait to get back to the Centre and resume my APS sessions. I now have a weekly maintenance session of APS and I'm finding it is also helping reduce a flare up of arthritis in my hand.'

### APS for Non-MS Conditions

Now training as an APS Therapist, Brenda is convinced of the value of the treatment and is looking forward to her first solo sessions as a Therapist in the New Year. 'I'm shadowing Helen at the moment – she's a great teacher and I'm really enjoying seeing both sides of the story. APS is such a relaxing treatment. It's completely non-invasive and, for many people, can provide substantial relief from their symptoms. I have a couple of friends who suffer from arthritis and fibromyalgia and I'm delighted that we're soon going to be able to offer APS to those with conditions other than MS.'

Whilst an APS machine looks very similar to a TENS machine its use is a little different. The

electrodes are applied to the skin using sticky pads, the microcurrent is turned up to the point where a slight tingle is felt and then turned back down by two thirds. There is absolutely no discomfort: you just enjoy a relaxing time having four eight-minute cycles of treatment and then the electrodes are moved. After the first session which includes an initial assessment, most APS therapy sessions last 45 minutes.

'At £3.50 per session, APS is an affordable and useful treatment – I would encourage members to give it a try,' says Brenda. We couldn't agree more!



## Join the MS Register



The UK MS Register was launched in 2011 by the Health Informatics Group at Swansea University Medical School and is funded by the

MS Society. The fundamental concept is to capture more real-world data about living with MS in the United Kingdom.

If you are over 18, living in the UK, with a confirmed diagnosis of MS then you can help the MS Register to increase the understanding of living with MS. Join the study by completing a series of simple questionnaires and returning regularly to update your experiences. Use the website to keep track of your MS over time.

Find out more at <https://ukmsregister.org/>

## Oxygen Therapy Top UP Reminder

A reminder for our MS Members. An annual top up of five Oxygen Therapy sessions is advised over the course of five days. If you have not had a top up in the last year, please feel free to contact reception to book.

## Medical Cannabis for MS Muscle Spasticity



Centre Member David Wiggins has received the support of his MP, Tracy Crouch, in his ongoing fight to be prescribed Sativex, the cannabis-derived drug that can help with

muscle spasticity and pain relief for those with MS. Having been diagnosed with MS in 2001, David has been a member of KMSTC for the last two and a half years, during which time he has been fighting to be prescribed Sativex for the debilitating muscle stiffness and pain he experiences.

'I have **Secondary Progressive MS** and, over the last 18 months or so the spasticity in my

legs has become really problematic. None of the other drugs for MS have helped me so I'm really at the end of the road in terms of drug-based relief from my symptoms. If I had the money I would pay for the drug privately, but this could cost me around £500 a month and I just can't afford it.'



Frustratingly, the NHS in Wales approved the prescription of Sativex for MS, however in 2014 NICE guidelines for England were updated against the prescription of the

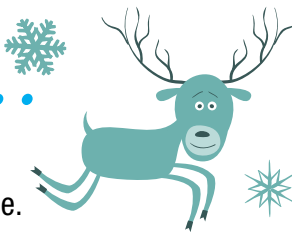
medication 'because it is not a cost-effective treatment'. With the support of his consultant and his MP, David appealed to the local Clinical Commissioning Group (CCG) for a special case to be made, given the failure of all other drugs, but this was rejected before even being considered by the CCG panel on the grounds that a lack of response to other drugs was not a basis for funding Sativex for him.

We're keeping an interested eye on David's case and will keep you updated.



# 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.



## CLAIRVOYANT NIGHT

**Saturday 9th February 2019** – at KMSTC

**Psychic Susie** will be joining us along with various clairvoyant-themed stalls. The evening starts at 7.30pm and tickets cost £10 in advance, or £15 on the door. It will be held at the Centre.

1

## KENTISH COACH TRIP

**April 2019**  
Destination and date TBC

2

## SUMMER FAYRE

**Saturday 15th June 2019** – at KMSTC

The annual Summer Fayre is one of our biggest fundraising events of the year with a variety of stalls, games, refreshments, a charity raffle, and live entertainment.

3

## RIVERBOAT CRUISE

*On the Kentish Lady*

**July 2019**

Undercliffe Boathouse, Maidstone

After the success of the previous two riverboat cruise events, we have decided to recreate this event but with a slight twist. The Kentish Lady will visit a brand-new sight, stopping at Allington Castle half way, and returning back to the drop off point. With delicious food, a fully catered bar on board, and beautiful sights throughout the trip, this is not an event to miss out on. Dates and times will be confirmed soon.

4

## MUSIC SHACK FESTIVAL

**August/September 2019** – at KMSTC

The amazing Capitalise Music Shack Festival is back for 2019 and it's going to be bigger and better than ever! With a range of musicians, bands, choirs and other entertainment, the Music Shack Festival is perfect for the whole family. Date and tickets TBC.

5

## Making Strides for MS...

**September 2019**

The Making Strides charity walk will be returning in 2019 for another day of inspirational participants, and a gorgeous community picnic. The date and location are TBC, but watch this space!

6

## CHRISTMAS MARKET

**Saturday 16th November**  
at KMSTC

Our biggest, most popular event of the year is going to be on the 3rd Saturday of November. Make sure you've got this date firmly saved in your diaries as we all know it's not one to be missed!

7

## KMSTC CHRISTMAS BALL

**Saturday 7th December 2019**  
External Venue TBC

8



*If you're interested in signing up for another Mindfulness course, please speak to the Reception team to register your interest.*



## Can Mindfulness help MS?

Louise O'Boyle recently participated in the first ever Mindfulness course to be run at the Centre. We spoke to her to find out how it went.

### In a nutshell, what's Mindfulness about for those who aren't familiar?

Mindfulness is a form of meditation where you fully focus all your attention on your breath. It teaches you to pay more attention to the present moment, rather than thinking about past or future events. This helps break any cycles of anxiety, stress or unhappiness.



### How long did the course last?

It was an hour and a half session a week for eight weeks.

### Were you familiar with Mindfulness before embarking on the course?

I'd heard of Mindfulness before starting the course, but I didn't know much about it apart from that it involved meditation (and I wasn't 100% sure what that meant either!) I didn't know if it was for me, what benefits I would get or how it would help me, but I thought I'd give it a try and I'm so glad I did!

### What prompted you to take the course?

I'd been having a rough time with my MS and I was struggling with anxiety at the time the course was being advertised, so it was a bit like fate! I hoped that it would be beneficial and teach me some new techniques that would help. And it really did!

### What was the format for the sessions?

Lorraine would talk generally about the aims of that week's session and ask us all how we felt about it. She'd then lead us through a guided meditation and then we would have another group discussion where we would look at various techniques that we can bring into our daily lives and how they would work in our own situations. We would often be set homework to practice for the following week.

### What techniques did you learn?

I learned how to meditate as part of a group and on my own. How to stop worrying about the past and the future and to live in the present. To share my experiences to benefit others in the group. How to stop and breathe when a feeling of anxiety or panic comes along. I learned how to deal with a teenager! And finally, how to find happy events when I'm having a bad day. I learned how to turn a bad day into a better day.

*Continued over*



### How many people were in the group?

It started with eight but sadly two people dropped out at the start due to ill health.

### What was the course leader like?

Lorraine was amazing! So calm, knowledgeable and passionate! You could literally ask anything and she could help or she could offer an alternative way of looking at something that would benefit you and quite often the whole group. Lorraine set a loving, peaceful ambience where you felt at ease to say or do anything you wanted to. It was very uplifting and I can't wait for us all to meet up again!

### Was there anything that surprised you about the course?

I was surprised how quickly my mindset changed! At first I wasn't sure it was 'for me' but I quickly realised this is for anyone and everyone and that I was lucky to be involved. I'm so glad I decided to join this group.

### What benefits do you feel you have derived from completing the course?

I feel very lucky to have joined this course, I've learnt a lot of very valuable techniques to help me with my day to day life, to ease my stress and anxiety and make living with MS a bit easier. All the lessons I learned have been wonderfully beneficial and I am grateful to have been part of this group.

### Was the course tailored in any way for people with MS?

Some parts of the course were adapted so we could all feel comfortable, for example if you didn't want to lie on the floor to meditate, there were lots of different alternatives offered so there was always a solution to suit everyone's needs.

### Would you recommend it to other members?

Absolutely! It's a wonderful way of giving yourself some time to think, breathe and learn to be happier! I'll definitely be signing up for another course.

## Meet the Trustees



**Sharon Wilding**

Sharon Wilding, Chair of Trustees, is a familiar face to many at the Centre having been a member of the Board for some time. She brings with her substantial expertise and advice on marketing strategy.



**Mary Cox**

Mary Cox is a regular volunteer and as a Trustee is working with the Fundraising team to reach out to more community groups, such as schools and churches, to encourage them to fundraise on our behalf.

I want to ensure that we have more people on the Board that spend time in the Centre and can represent the views and needs of Members more appropriately.

*Sharon Wilding, Chair*



### **Ian Howells**

Ian Howells is the husband and carer of Dany, an MS Member, and is working with Keziah to analyse usage patterns for various therapies to ensure we are providing the right services.



### **David Bailey**

David Bailey is a retired IT Consultant and leads on IT matters for the Centre. He has been instrumental in getting the broadband service to the Centre updated to give better connection to the internet and is helping to roll out new email/office services.



### **Caroline MacDonald-Bryant**

Caroline Macdonald-Bryant, MS Member, is working with Karen to develop plans to spread the word about the Centre, and in particular the Oxygen Therapy, to other groups around the County.



### **Ian Bryant**

Ian Bryant is the husband of Caroline, an MS Member, and is our treasurer, focusing on all financial matters.



### **Terry Hughes**

Terry Hughes is a retired sales manager and focuses on operations, supporting Keziah in planning improvements to systems and processes.



### **Gavin Davies**

Gavin Davis (appointed Dec.) is the husband of MS Member Maria and will lead on Facilities Management, and the Centre building.



### **Richard Curzon**

Richard Curzon is an MS Member and leads on Member liaison, ensuring the Board has feedback from the Members.

I have a passion for the Centre and the work it does. The staff and members make it an outstanding resource for those whose lives have been affected by MS. I really enjoy the environment and friendliness of everyone I meet at the Centre.

*Richard Curzon, Member Liaison Lead*



## 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, £2,362.66 has been raised for the KMSTC this way and we have 133 supporters.



It costs more than £550,000 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)

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

**Chair of Trustees:** Sharon Wilding

**Patron:** Frank Brake

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**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.*