

WHAT'S  
NEW



IN THIS  
ISSUE

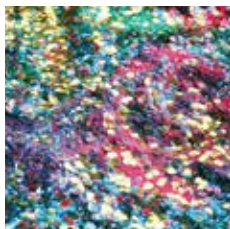
# In touch

NEWS

SUMMER 2019

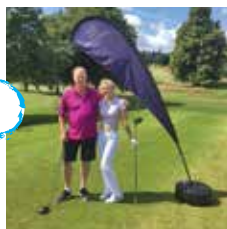


FEATURED  
THERAPY



GLITTER  
RUN

FUNDRAISING  
NEWS



“ It has been quite a summer for KMSTC – we have had loads going on.

We have been looking at ways to reduce barriers (perceived or real) that prevent MS Members coming to the Centre for therapies and support. We have been asking ourselves if there is anything we can do, for example, where transport is an issue, or, ways to ease that giant first step for new Members coming into the Centre – there is more information on this inside.

Additional courses have run with great success – ranging from a wonderful Watercolour course to a Neuropsychology Information Session to help with cognitive issues.

The fundraising team have had a successful summer season raising much needed funds for the Centre from Trusts, Community activities, Challenges, and our own KMSTC events. We are thrilled to be launching Kent's first ever Glitter Run on 13 October. This is a mass participation event so do please spread the word far and wide – we need lots of people to make it a success.

*Continued on page 2*

Kent  
ms  
Therapy Centre

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

Over the last few months KMSTC has spearheaded a range of community engagement activities to help raise our profile. We run regular local business network events, KMSTC Intro and Taster events, and reach out to community groups. We regularly welcome Trusts and Foundations to come and see exactly what their funding has achieved. It is a delight to be able to show off our Centre!

Our fabulous Volunteer army has grown in recent months with additions to reception, administrative projects, fundraising and gardening. We are incredibly lucky to have such an amazing team of people dedicating time and energy to the Centre. But, we need more – in particular we are looking for Oxygen Chamber Operators who are able to commit to regular slots – again, please spread the word.

This month we have also welcomed **Jemma** as our new Receptionist and **Beverley**, Trusts and Foundations Fundraiser. It already feels like they are settled and part of the team.

Wishing you all a sunny end to summer 2019.

Keziah

Keziah Cunningham, CEO

## WHAT'S NEW

# Breaking down barriers

We have been looking at what may pose as possible barriers for people with MS using the Centre.

Following a research project conducted by one of our volunteers and data from a previous members survey, one of the barriers identified is access to the Centre. We know from this research that there are many people in our community who are simply not able to get to the Centre due to transport issues. Some people may have to rely on family members who may be in full time work to drive them around; some people may have **lost their confidence** with driving due to the progression of their condition or had to surrender their driving license due to their situation. People can become socially isolated at a time in their lives when they're at their most vulnerable.

*Please leave your name with reception and let them know what town you live in and how far you would be willing to travel in your local area to pick someone up and we will see if there is someone out there we could link you with. If you have any other transport ideas, we would love to hear from you!*



**We want to reach out** to these people and make KMSTC accessible to everyone with MS and this is where you, our members could help. We are looking at the possibility of setting up a **'Driving Buddy'** system whereby we will have a database of members who are willing to give lifts, either regularly or occasionally to someone in their local area who is not able to get to the Centre under their own steam. This does not need to become too onerous for the Driving Buddy, perhaps you could consider giving a lift on a day when you are intending to come along to the Centre for your own therapy, or to socialise. If this is something you feel you would like to be a part of and reach out to people who may be feeling isolated, then we would love to hear from you.

# Personal Independence Payment (PIP)

If you are one of the many people who will be applying for PIP following a previous award of DLA, or you're a new applicant, we've put a list below of various organisations who can support people with applications and appeals.

If you are not able to get assistance from any of these other organisations then Support Manager **Karen Middlemiss** may be able to assist you. As Karen is currently the only person dealing with benefit applications at KMSTC please try the other organisations first.

Karen has written up a very useful list of things to consider before making your application. Please feel free to request a copy from reception on 01227 470 876.

## *The following MPs can assist with PIP applications:*

- **For North Thanet**

MP: Sir Roger Gale  
Tel: 01843 848588  
Email: suzy@galemail.com

- **For Chatham and Aylesford**

MP: Tracey Crouch  
Tel: 0207 219 7203  
Email: tracey.crouch.mp@parliament.uk

- **For Canterbury, Whitstable and surrounding villages**

MP: Rosie Duffield  
Tel: 01227 467888  
Email: enquiries@rosieduffieldmp.co.uk

## *The following organisations can assist with PIP applications:*

- **For Tenterden, Ashford, Folkestone, Hythe, Dover, Deal, New Romney, Lydd – Disability Information Services Kent (DISK)**

Telephone: 01303 226464

- **For people over 50 Citizens Rights for Older People (CROP)**

Tel: 01622 851 200  
Email: lenham@cropkent.org.uk

- **Your local Citizens Advice Bureau**

- **Disability Information Service Kent**

Tel: 01303 22 64 44  
Email: disabilinfo@aol.com

Every buddy  
needs some  
buddy!



At KMSTC we're not just about supporting members with therapies and advice, we're also about being inclusive, making everybody feel welcome and part of our wonderful Centre community.

That's why we're looking at the possibility of having a 'new starter/members' get together every quarter, or sooner if need be, to introduce new members to each other so that there's a few familiar faces around while people are settling in. Do you remember what it was like when you were new to the Centre? Would you have liked to have had a 'buddy'? Only you, our members know what it's like to be the new person at KMSTC so please do feedback your experience, comments and ideas to MS Support Manager **Karen Middlemiss** at [kmiddlemiss@kentmstc.org](mailto:kmiddlemiss@kentmstc.org) – she would love to hear from you.



## Chamber Refurbishment

Thanks to a very generous donation by **The Mark Benevolent Fund** we have been able to refurbish our two oxygen therapy chambers. Last year alone we provided over 10,000 oxygen therapy sessions, so is it any wonder that 4.5 years on since the last refurb the chambers were in need of an update! The brief was to try and create a calm, therapeutic environment and we think we've managed that. New carpet tiles have been laid, new chair covers with extra padding for comfort have been made and comfy footstools have been purchased along with new pillows, throws and coffee tables. The colours have been kept in keeping with the Centre's logo and we have to admit that despite all the pipework and hoses it looks pretty swish!





# Carers' Meet Up

Hello! My name is **Robert** and I am Carer to my wife, Anne. Anne has been using the Centre for a number of years since being diagnosed with MS. You may have seen me around the Centre or wandering aimlessly around the grounds pushing a lawn mower.

I would like to invite Carers to join me for a 'Carers' Meet Up' to share the trials and tribulations of being a Carer. Having been asked by a couple of members in the past to talk with their partners about the challenges of this role, I thought it might be useful to have a get together for Carers at the MS Centre.

My idea is that we meet 2 or 3 times a year, in a very informal way to talk about whatever we like; whether it be mixing work or 'me time' with the caring role, practical things such as preparing food, occupational therapy aids, dealing with doctors, having a general whinge, or even last night's match and the price of beer!

So, whether you're fairly new to a caring role and looking for some guidance, or if you're an



Robert & Anne Moon

old hand at caring for a loved one or friend and can offer some guidance to others, why not join me over a coffee and biscuits at the centre on Wednesday 11 September between midday and 2pm.

I appreciate that this date/time will not suit some, so if you would like to suggest an alternative day for future gatherings,

then I'm more than happy as I can be available almost any other day.

Please pass your suggested days and times on to reception.

Female carers are, of course, also welcome but if members feel a separate group for female carers would be useful, please feedback to MS Support Manager Karen Middlemiss on [kmiddlemiss@kentmstc.org](mailto:kmiddlemiss@kentmstc.org) or call 01227 470 876

Regards,

*Robert*



The team consists of (back row – left to right) Lyndsey, Louise, Shiela, and (front) David!

## Social Committee

**We are SO excited to introduce to you our brand-new Social Committee!**

This incredible group of members will be organizing a range of events and activities for our members to partake in, all whilst raising a few extra bob for our wonderful Centre!

## *Did someone say **Bingo!***

*The team's first ever event will be a **Bingo Night at the Centre on Friday 27 September! Tickets are £10pp which includes 8 games and a cold buffet! Doors open at 6.30pm, eyes down at 7.15pm! Show your support for this inspirational group by buying your tickets now!***

*Tickets can be purchased from reception, by calling 01227 470876 9am - 5pm Monday to Friday.*

## Watercolours for Beginners

It's been wonderful to see some of the beautiful artwork that has developed over the weeks following our first Beginners Watercolour classes. Members have been given the opportunity to explore various styles, textures and techniques in the classes facilitated by Member and Trustee **Caroline Macdonald Bryant** who is a keen artist herself. Caroline said "I've always had a really keen interest in art and feel that it's helped me to cope with my MS. Art is a form of mindfulness and I wanted to give our members the opportunity to discover this for themselves."

There's always a wonderful calmness in the room when the art classes are taking place. Members do not have to attend each class so if you haven't been before do not worry – you are invited to attend one or all of the next sessions taking place on Wednesday's from 1.30-3.30pm on the following dates:  
25 September, 23 October and 27 November.

**Places are free to attend and all materials will be provided. Places are limited and pre booking is essential by calling the Centre on 01227 470 876**



## The Walker Trust

At the beginning of August, we were visited by representatives from **The Walker Construction Trust**, including MD Steve Walker, who bought along with him a rather big cheque for **£1,000!**

This money will go towards our hydrotherapy service for people with MS. Thank you Walker Construction and to employee **Sue Sharman** for nominating us for this wonderful donation.



Our photo shows Steve, Sue and Pamela from the Trust alongside our newest member of the fundraising team, Beverley Callaghan (photo far right).

## Spiritual Evening

*Do you fancy attending workshops on animal spirits and how to make your own flower essences? This spiritual evening will have something for everyone, with a range of stalls including palm readers, psychics, jewellery, healing crystals, and much more!*

*The date of this event is Saturday 26 October. Doors open at 5pm.*



# Support from Trusts continues to grow

The fundraising department has been working hard to secure additional grant income from Trusts and Foundations. Recent key grants have included **£3,000 from The Beerling Foundation** towards Oxygen Therapy equipment and **£5,000 from The Thomas Horne Memorial Trust** towards Centre running costs.

## Eat Well, Feel Great

Following the ongoing success of our 10 week **Eat Well Feel Great** courses with qualified Nutritionist and Fitness Instructor **Carol Marlow**, the next course will be running from 10.30-12.15pm on Tuesdays in September commencing 10 September. The course is tailored to those with MS and other autoimmune conditions and includes a 60 minute talk on a different nutritional topic each week, followed by an optional 30 minute light exercise class.

*Places are limited and must be pre booked at reception on 01227 470 876*



**Whitstable's newest care home**



We're passionate about  
**fulfilling lives**  
residents'


To find out more about living at our new luxury care home Harrier Lodge, call us on **01227 806922** or visit [careuk.com/harrier-lodge](http://careuk.com/harrier-lodge)



**Harrier Lodge care home**  
Thanet Way, Whitstable, Kent CT5 3FS  
(For Sat Nav use CT5 3DE)





A man with a grey beard and a woman with short brown hair are smiling and relaxing in a blue-tiled hydrotherapy pool. The man is on the left, holding a metal bar, and the woman is on the right. The pool is set outdoors with a red-leafed plant and a building in the background.

I finally learned to swim in my 60s!

Getting enough exercise can be a real challenge for people living with MS. The warm water of the pool at KMSTC provides support, relaxes muscles and relieves the effort of staying balanced. And now I can finally enjoy it!

*Liz Haddaway*

## FEATURED THERAPY

The Centre's **Hydrotherapy Pool** is fully wheelchair friendly, with a hoist to help you get in and out of the water safely. To book an appointment for hydrotherapy, swimming lessons or a family swim, please call reception on 01227 470876.





For **Liz Haddaway**, enjoying a swim at the beach has always felt like a thing other people do. Haunted by awful memories of school swimming lessons, Liz has avoided the water at all costs ever since.

“Because I couldn’t swim at all, I couldn’t begin to keep up with the rest of the class, so they would leave me to it while they enjoyed their swim. Over the years my anxiety about the water grew into something I just couldn’t get past.”

Liz tried swimming lessons at the public baths, but the idea of going prone in the water would leave her feeling a complete wreck. When her daughters were old enough, Liz made sure they had lessons and became confident swimmers, explaining, “the thought that I couldn’t jump in to rescue them if they got into trouble was just awful. I had to make sure they could swim, even if I couldn’t.”

Liz joined KMSTC in 2015 upon the recommendation of one of the Centre’s Trustees, Richard Curzon, whom she knows through her local church. “I was diagnosed with MS 17 years ago, but I am fortunate enough that I have been able to continue my career as a Social Worker. I come to the Centre as often as I can from Maidstone for Oxygen Therapy, and one day I saw an advert for one to one swimming lessons with the Centre’s pool instructor **Chris Betts**, and I thought I would give it one last try!”

The hydrotherapy pool at the Centre is described by many as an oasis of calm, offering a warm, supportive environment to take exercise, relax stiff muscles, work on flexibility and build muscle strength. In addition to hydrotherapy, one to one lessons and family swims are also available to members and their family.



“I took a REALLY long time to feel comfortable in the water. Chris has the patience of a saint! He would gently tow me round the pool so I could get used to the sensation of weightlessness. Relaxing enough to sink back into the water and allow myself to float took a lot of gentle encouragement. Chris never made me feel pressurised to do anything and his nurturing approach reassured me that he would catch me.”

“Getting enough exercise can be a real challenge for people living with MS. The warm water of the pool at KMSTC provides support, relaxes muscles and relieves the effort of staying balanced. And now I can finally enjoy it!

“With Chris’ help I can honestly say I’m now a swimmer! I still lack confidence and I certainly don’t expect to be tearing up and down the lanes at my local public baths, but my muscle memory is improving, and my coordination gets a little better with every visit.”

“I’m tremendously grateful to Chris. He never lets you feel a failure, even if you chicken out of trying something. And, do you know what? This August I’m going on a cruise and I’m actually going to pack my swimming costume!”

# A warm welcome to Carole Day, MS Nurse Specialist

You may remember that in the last Newsletter we did a feature on Beth Tredwell and Clare Langham, MS Nurse Specialists at East Kent Hospitals Trust. At the time they were excited to announce that recruitment for another member of the team was well underway. So, we're delighted to hear that in mid April **Carole Day** was appointed to the team and has been settling in well.



Carole moved from Medway Maritime Hospital where she had been working as a Clinical Sister on an Elderly Care ward for the last two years, but it was her time spent on Treble Ward at K&C, an acute Neuro care ward, that sparked Carole's interest in MS and led her to this new

I've got a lot to learn about living with MS and will be undertaking lots of specialised training over the next few months. But I'm already running simple clinics and, as my training progresses, things will ramp up.

Carole Day

post. Carole is an experienced healthcare practitioner with around 30 years under her belt in the NHS, starting out as a Health Care Assistant and then qualifying as a Nurse in 2007.

"I've got a lot to learn about living with MS and will be undertaking lots of specialised training over the next few months. But I'm already running simple clinics and, as my training progresses, things will ramp up."

Carole will be looking after patients in Thanet and Dover and is very much looking forward to getting to know people. Her thoughts echo those of Claire and Beth who told us how they enjoy the longevity of their patient relationships, "It's fantastic to think I'll be able to really get to know people, rather than just a short acquaintance in a hospital ward. I'm very much looking forward to it."

As a mother of three grown-up sons, Carole is relishing the regular hours and time to spend with her family, including two lovely granddaughters.

***Congratulations on your new job, Carole, you're welcome to visit us at KMSTC any time!***

# Functional Electrical Stimulation

Functional Electrical Stimulation (FES) is a well-established therapy intervention that has been around for more than twenty years. It is recognised by The National Institute of Clinical Excellence (NICE) and is prescribed by the NHS to help patients with foot drop of neurological origin.

It is a very simple device that uses a pressure switch worn inside the footwear to trigger a small electrical current stimulating the muscles which lift the foot. The current is delivered through two small electrodes placed on the lower leg.

A lot of people with MS can suffer with foot drop symptoms which can range from the odd scuff when walking to a more significant inability to raise the foot or flex the ankle, meaning the foot does not clear the floor effectively. The result can be slower and less confident walking as well as an increased risk of falling.



*Hugh Brunskill, Therapist KMSTC*

As well as running a clinic for NHS referrals in Kent here at the MS Therapy Centre, **Hugh Brunskill**, (who is one of our physiotherapists) can offer this treatment to KMSTC members. We have three FES units which can be trialed and loaned out to members.

Centre member, **Mary Crossley** has been using FES for several years now. Mary said “Wearing my FES allows me to move better and feel more confident when walking. I find the device very easy to use and it’s great to have Hugh on hand at KMSTC to support me with any adjustments needed”.



*If you have symptoms of foot drop and you'd like to try FES, please get in touch with KMSTC reception and they can organise an assessment with Hugh.*

Wearing my FES allows me to move better and feel more confident when walking. I find the device very easy to use and it's great to have Hugh on hand at KMSTC to support me with any adjustments needed.

*Mary Crossley*



**MS Support Manger Karen Middlemiss** met with **Darren Hulme**, Director of **Tailor Made Mobility** when she was presenting on 'Living Well with MS' at a venue in Canterbury during World MS Day. Karen said "Darren had seen the presentation advertised and booked himself to attend as he wanted to have a greater understanding of the needs of people with MS.

We had a chat after the presentation and it was immediately obvious to me how passionate Darren is about wanting to ensure that people get the right equipment for their needs – it's clearly not just a business to him. I'd already heard some of our members singing the praises of Tailor Made Mobility so it was great to eventually meet the man behind it." Member Martin Lawrie said "When I first met Darren he immediately understood and appreciated



the difficulties I was having with my NHS wheelchair – the chair was not fit for my needs and the follow up service was dire, to say the least. Darren had a solution for every problem I faced with my old chair. I bought my Quantum Edge electric chair from Tailor Made

Mobility and it really has changed my life. The follow up service I've received from Darren is absolutely priceless. I can go around town independently and even reach things from the top shelf in the supermarket without having to ask for help! Darren is always happy to tweak or adjust my chair and I feel reassured that the chair can be adapted to my needs as time goes on. I'm very lucky that Tailor Made Mobility is a stones throw away from my home. I really wouldn't buy from anyone else."

If you are thinking of buying, or already own an electric scooter, powerchair or rise and recliner then they can offer you an unrivalled range of

When I first met Darren he immediately understood and appreciated the difficulties I was having with my NHS wheelchair...

*Martin Lawrie*

products and accessories to make your life easier, more comfortable and independent. It's not all about the larger items, Tailor Made Mobility can provide a wide range of smaller items to assist with activities of daily living.

# TAILOR MADE MOBILITY





With over 20 years' experience in the mobility sector, Darren brings a wealth of knowledge and understanding of customer's needs.

He was the Posture and Seating representative for Invacare in the South East and worked with Occupational Therapists within Wheelchair Services and supported a dealer network.

Throughout his career he's completed training in the following:

- Understanding disability
- The prevention of Tissue Trauma in mobility seating
- Social and environmental issues to consider when prescribing mobility products and seating
- Effective prescription and principles of assessment
- The Principles of Basic Seating
- Programming and diagnostics 'A' (powerchairs and scooters) and installation and maintenance courses

Their Faversham showroom holds a vast range of products such as:

Powered, manual and configurable wheelchairs and scooters, nursing and profiling beds, made to measure rise and recline chairs, postural support backs, positioning belts and harnesses, pressure relieving cushions ranging from 'at risk' to 'very high risk'.

Their onsite workshop undertakes all manner of repairs, servicing and testing and they offer a free, no obligation demonstration, measuring and assessment service on their products at the shop and also in the comfort of your own home.



Their peace of mind philosophy puts their customers first and their aim at Tailor Made is to help you live life to the full.

Darren will be attending the Centre on Thursday 12 September from 10am-2pm so please feel free to drop in and speak to him about any equipment needs you have, from the large items like wheelchairs and scooters to the much smaller aids to help make life easier.

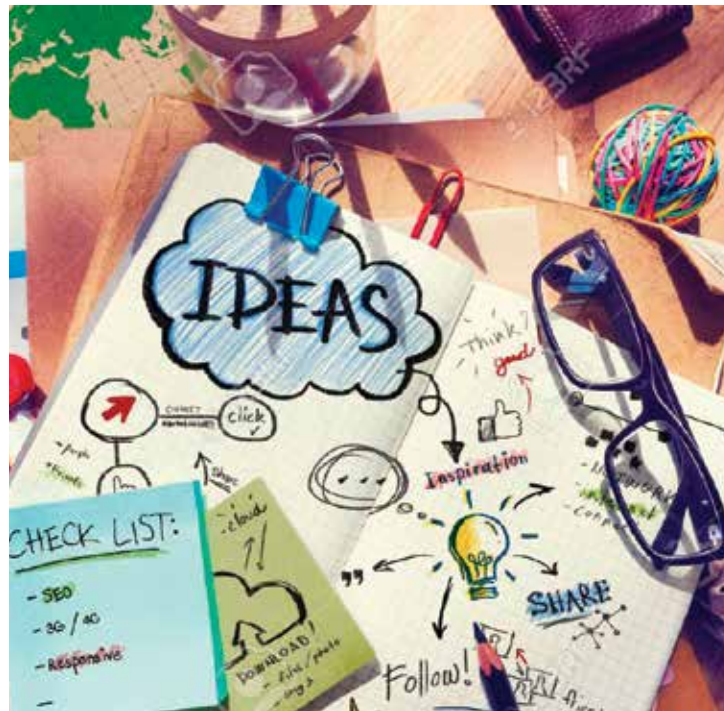
## Do you suffer from Trigeminal Neuralgia?

*We might be able to help*

Action Potential Simulation or APS involves passing a small microcurrent of electricity down the nerve pathway via two electrodes which are placed on the body.

APS has been shown to be very beneficial in treating various types of pain, including neuropathic pain; something commonly experienced by people with MS. **MS Specialist Nurse Miranda Olding's APS team** at the Bedfordshire MS Therapy Centre have been treating trigeminal neuralgia very successfully over recent months. Trigeminal neuralgia, often called the suicide pain due to its intensity is known to be difficult to treat. If you are one of the many people with MS who suffer with trigeminal neuralgia, why not book some sessions at the Centre? Success is not guaranteed but it could be worth giving it a try. Contact reception for more information on 01227 470 876

*The MS Trust are dedicating a page of their website to APS along with a video showing an APS treatment so do keep an eye on their site.*



## Calling all Members – we need your ideas

Our MS Members are at the very heart of everything we do here at KMSTC and your views are really important to us. If there's a particular topic you would like to have information on that you think would also help other members please do put your ideas forward – we'd love to hear from you! Contact MS Support Manager Karen Middlemiss on [kmiddlemiss@kentmstc.org](mailto:kmiddlemiss@kentmstc.org)

## Thank you Ann and Robert and the Rising Sun in Stourmouth!

Centre members **Anne and Robert Moon** have been holding Quiz Nights for over 3 years in aid of KMSTC at the **Rising Sun in Stourmouth**, along with a lot of help from landlord and landlady **Chris and Carol Leaper** and we felt it was about time we said a huge thank you to them!

The most recent quiz raised **£745** bringing the total raised so far to a whopping **£4,000!**

Carol put together a beautiful basket of gifts and sold raffle tickets in the weeks leading up to the quiz – this helped bolster the funds making the most recent quiz the most profitable so far.

The quiz nights are always great fun and good value with plenty of food provided by Carol and her team. Robert makes a very entertaining Quiz Master so if you enjoy a good quiz why not join them at their next quiz on Friday 6 December, 7 for 7.30pm at the Rising Sun.



Carole Leaper (second from left), Landlady at the Rising Sun, Stourmouth along with Centre members Anne and Robert Moon, pool assistant Chris Betts and Rising Sun staff Natalie and Georgina hands over a cheque for £745 to MS Support Manager Karen Middlemiss.

## Are you tired of feeling tired?

If you are one of the 97% of people with MS who suffer with chronic fatigue then our Fatigue Management Information session on Thursday 12 September 2.00-3.00pm with Nikki Guck should not be missed. Nikki is an Extended Scope Practitioner Neuro Physiotherapist in MS and can give some top tips for coping with fatigue.

Places are free of charge but must be pre booked by calling the Centre on 01227 470 876



## Your Centre needs YOU!



Oxygen Therapy is a very popular therapy used by a huge number of our MS members and those with other conditions.

It can make a big difference to quality of life and we feel so lucky to have a **10 seater chamber** at our disposal. We have a fabulous team of number 1 operators who are responsible for running the sessions but as we offer the therapy **6 days every week** we are in need of more help. If you, or someone you know could spare 4.5 hours each week, or just occasionally then we would love to hear from

you. No experience is necessary as full training will be given. We are also looking for more number 2 operators – a number 2 operator is there to assist the number 1 with running the session without taking full responsibility. Chamber operating is a very worthwhile role, you get to meet some great people, **learn a new skill** and have the pleasure of knowing that you're improving quality of life for our members and all those who use the chamber.

***If you would like to know more about the role please contact MS Support Manager Karen Middlemiss on 01227 470 876 or email [kmiddlemiss@kentmstc.org](mailto:kmiddlemiss@kentmstc.org)***

***If you use social media, please help us spread the word!***

## Standing Frame sessions

Our Delta Classic Standing Frame is proving very popular with our members.

The standing frame is a free-standing vertical stander, designed to enable the user to be raised safely from sitting to standing and then feel positively supported during their standing program. A regular standing program can help improve circulation, increase bone mineral density (thus making bones stronger) and help in the full evacuation of the urinary tract. If you would like the opportunity to find out if the standing frame would suit your needs please contact reception to request a physiotherapy assessment on 01227 470 876.





# FUNDRAISING NEWS

## LEEDS CASTLE COACH TRIP

We had a gorgeous May Bank Holiday kicked off with our wonderful Coach Trip to Leeds Castle, Kent. Not only did visitors get to see the beautiful gardens and the castle, but we also enjoyed a delicious cream tea at the Castle View Restaurant followed by a charity raffle!

A huge thank you to our headline sponsor for this trip, **Golding Vision Ltd**, as well as our other sponsors **Furley Page Foundation**, **Civil Service Insurance Society** and **Canterbury Lions Club** for making this day possible!



## FUNDRAISING NEWS

Kevin Holliday  
CEO, Civil Service  
Insurance Society  
and colleague Belinda  
Silsbey



CEO of the **Civil Service Insurance Society**, **Kevin Holliday** was joined by colleague **Belinda Silsbey** on a recent tour of the Centre. The visit was planned after CSIS agreed to sponsor two of our community events – our 2018 Making Strides walk in Mote Park and our 2019 coach trip to Leeds Castle.



It was a real eye-opener and it made us realise how important the work you do there is to so many people. We were particularly impressed with the oxygen therapy service delivered at the Centre and that is why we shall be supporting this going forward with a £2,000 donation.

Kevin Holliday

## Maidstone-based insurance firm visits Centre



## CHRISTMAS BALL 2019



**Don't forget tickets are now on sale** for our **Christmas Ball** which is our biggest fundraiser of the year. This glitzy event takes place at **Broome Park Hotel in Barham** and features a drinks reception, three-course meal, raffle and auction. This year we are delighted to announce that Kent band **The Kickbacks** will be performing and are sure to have everyone on their feet on the dancefloor. Tickets are £50 a head or £500 for a table of 10.

**Book now through reception or via Ticket Source.**  
<https://bit.ly/2JnnU6s>



## Volunteer Celebration Event

On the 23 May we had our first Volunteer Celebration Event, and I think it's safe to say, we had a blast!

This party gave KMSTC the chance to say a huge thank you to all of our volunteers who have made the Centre the thriving charity it is today. It goes without saying, that we truly couldn't do it without the support of volunteers. To our Oxygen Chamber Operators, Fundraisers, Shop Volunteers, Store Collectors, Receptionists, Gardeners and the many other individuals that donate their time for free, we cannot thank you enough.





FUNDRAISING  
NEWS

GOLF  
DAY

2019

This year's Charity Golf Day at Broome Park Golf Course was a storming success with 17 teams taking part and £7,785.20 raised.







Winning Team



Team Two



Team Three



The money will go towards funding our physiotherapy and hydrotherapy services at the Centre. A huge thank you goes out to our headline sponsor **The Chaucer Hospital**, to our marketing sponsor **ALE Business Machines** and the many local businesses who either sponsored a hole or donated a raffle/ auction prize. Congratulations to our **KMSTC 2019 Golf Day** champions – **VR Sani-Co** who won with 110 points. Second place went to Trustee **David Bailey's** team and third to the **Mark Master Masons** team.



# FUNDRAISING NEWS

*Thank you  
all for your  
support.*

## Celebrating KMSTC's 35th Birthday Anniversary!

A day filled with brilliant music, a gorgeous charity run BBQ, outdoor bar, and lots of fun for the kids!

The Kent MS Therapy Centre's **Music Shack Festival** ran for the second year in a row and gets better each year!

The line-up included:

- 12pm – The Breeze
- 1pm – Honoured
- 2pm – Melody Singers
- 3pm – Kyle Steel
- 4pm – Covered
- 5pm – The Marrables

All of the proceeds from this festival go towards the only purpose-built therapy centre for people with MS in Kent.







*The Marrables*



*Melody Singers*



*Kyle Steel*



*Honoured*



*The Breeze*



*Covered*

# FUNDRAISING NEWS

Sunday 13 October  
University of Kent



## Making [www.kentmstc.org](http://www.kentmstc.org) **Glitter** Strides for MS

### Join us for Kent's first ever Glitter Run!

The 5k run will have sparkling non-toxic, bio-degradable glitter stations throughout the course, making sure that no one crosses the finish line without a shower of shine and glam!

You can walk, jog or run the 5k route, as the event is family friendly, suitable for all ages and wheelchair accessible. All runners will receive a medal for finishing the race, and timings will not be made.

Wear a white t-shirt on the day or wear fancy dress if you prefer!

'Glittering up' before you arrive is definitely recommended!

**Buy your tickets here:** <https://www.ticketsource.co.uk/kent-ms/t-vkleln>

*Don't Sweat, Sparkle!*

# Dreamboats & Petticoats

## Lunch Show

**Ashford  
International  
Hotel**

Simone Weil Avenue  
Ashford TN24 8UX

**£30**  
Per Person



### *C'mon Everybody it's the Dreamboats & Petticoats 50's and 60's Show*

A fantastic musical tribute to the 50's and 60's with songs from the Smash Hit Million Selling CD collection 'Dreamboats and Petticoats' along with a delicious two-course meal.

All proceeds from this event is going towards the KMSTC. This event is taking place on Sunday 22 September from 12.30pm to 4.30pm. So, don't miss out –

So, don't miss out – buy your tickets here:  
<https://www.ticketsource.co.uk/date/627619>





2019's annual Summer Fayre was certainly one for the KMSTC history books!

Not only was the glorious weather shining down on us, but members, volunteers, staff and the general public came down in force to support our wonderful charity.



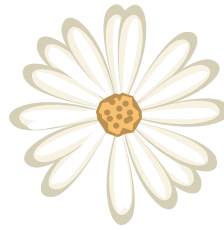
This year's Summer Fayre was bigger than ever, with over 24 different stalls including craft, beauty, food, drink, travel and many more. We also had a BBQ run by Worthgate Scout Group, an outdoor bar, classic car show, clairvoyant, kids' games, treasure hunt and an array of delicious cakes and savouries for sale in our refreshment area.



We are delighted to announce that the Summer Fayre raised an incredible **£3,077.63** for KMSTC!

This really wouldn't be possible without our dedicated, amazing team of volunteers who worked so tirelessly to make it a success.

# 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.

**KM  
WINTER  
ABSEIL**

**Saturday, 5 October 2019**, Thomas Place, Maidstone

Join KMSTC and try to raise a minimum of £75 per abseiler. Any individual fundraiser raising over £200 will be entered into a draw to win 2 x Eurostar tickets to Paris, Brussels or Lille.

*Participants must be 14+ to participate. Maximum weight limit is 16st.*

*Book online: [www.kmcharityteam.co.uk/booking](http://www.kmcharityteam.co.uk/booking)*



## BUSTER'S CHARITY FIREWALK

**Sunday, 29 September 2019**

Mercure Maidstone Great Danes Hotel  
6pm to 10pm – Registration is just £25

A mind over matter challenge, one to tick off your bucket list!

*Participants must be 18+. This is an alcohol-free event.*

*Book online: [www.kmcharityteam.co.uk/booking](http://www.kmcharityteam.co.uk/booking)*



## HEVER CASTLE HALF MARATHON

**Sunday, 29 September 2019**

Part of the Castle Run Series

If you'd like to run for KMSTC then all we ask is that you commit to raising a minimum sponsorship of £100 for our charity.

*Book online: [www.castletriathlonseries.co.uk/castle-run-series](http://www.castletriathlonseries.co.uk/castle-run-series)*

## Making Glitter Strides for MS

**Sunday, 13 October 2019**

Sports Pavilion, University of Kent,  
Canterbury, Kent CT2 7SR

Registration from: 10am – Start 11am

Pricing: from £4.50

The 5k run will have sparkling non-toxic, bio-degradable glitter stations throughout the course.

*Book online: [www.ticketsource.co.uk/kent-ms](http://www.ticketsource.co.uk/kent-ms)*

## Dreamboats & Petticoats

**Lunch Show**

**Sunday, 22  
September 2019**

Ashford International  
Hotel

Doors open: 12.30pm

*Book online: [www.ticketsource.co.uk/date/627619](http://www.ticketsource.co.uk/date/627619)*



*Photos courtesy of: Hayley Maleady [www.foreveryourphotography.co.uk](http://www.foreveryourphotography.co.uk)*

CHRISTMAS BALL

BROOME PARK HOTEL

MANSION HOUSE, BARHAM, CANTERBURY

SATURDAY, 7 DECEMBER 2019 | 7PM

Make sure

**Saturday 7 December 2019** is in your  
diary, as that's the date for this year's

**Christmas Ball!**

This sparkling event will be held at Broome Park Hotel, the stunning Grade 1 listed Mansion House set within a private estate at Barham, Canterbury. Our biggest fundraiser of the year includes a drinks reception in the Mansion House followed by a three-course meal in a beautiful, heated marquee.

**Arrival Time**

6.30pm for a 7.00pm start

**Ticket price**

Tables of 10 at £500 or individual tickets  
can be purchased at £50 each

*Save the  
date!*

Buy your tickets by calling  
reception on  
01227 470876

or through the Ticket Source  
<http://bit.ly/KMSTCXmas19>





## 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, £2,553.72 has been raised for the KMSTC this way and we have 137 supporters.



It costs just under £600k a year to keep our Centre running. Every penny counts – can you help?

### How to donate:

**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/kentmstherapy](https://www.instagram.com/kentmstherapy)

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

**Chair of Trustees:** Sharon Wilding

**Patron:** Rob Key

*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.*