

# IN TOUCH

*The Kent MS Therapy Centre's Quarterly Newsletter*



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JUDITH MORLAND**

**CARERS' COFFEE  
MORNING**

# Welcome to the Summer!



The summer is a time I associate with having fun in the sun with my wife and children, and attending local community events. At the Kent MS Therapy Centre, the doors remain wide open and we must celebrate how we have emerged from the recent uncertain times. We have already celebrated the Queen's Platinum Jubilee with an amazing Afternoon Tea and also held our successful annual Summer Fayre. With more celebrations and events planned for this year, it will be a good one.

Over the last few months we have been able to reconnect in-person and it has offered us some hope that we can continue our gradual return to normality. However, we are mindful not to move too quickly and will be supporting those that continue to catch and be affected by Covid.

During the recent AGM it was reminded to us all that the Centre remains a beacon of "love and hope". This resonated with me and the team here and we hope that feeling continues to grow, allowing more members to return to the therapies and social aspect loved by all that come through the doors.

This summer, we're looking ahead as well. We are working with the University of Kent and Parkinson's Care & Support UK to run an initial pilot project supporting those living with Parkinson's. The partnership will, importantly, allow us to carry out vital research for MS and will enable a better understanding of the condition. In addition to the Parkinson's Project, we have started positive discussions with Faversham Counselling Service which will bring new support to members, carers and families suffering with mental health difficulties or in need of support.

To the staff, volunteers, and supporters past and present (I have met many in my first six months), I am thankful for all that you have given to this organisation. Together, we have and will greatly increase access to our quality Centre to more people living with MS and other neurological conditions living in Kent.

I wish you a very happy and sunny summer and I personally look forward to the future of Kent MS Therapy Centre and the opportunities that we can make, ensuring the continued success of the place many call their sanctuary.

"Make This Summer A Memorable One"

Spencer





## Platinum Jubilee Afternoon Tea

What a fabulous afternoon we had to celebrate the Queen's Platinum Jubilee at the Centre on Wednesday 1 June. Over 120 guests attended who enjoyed a glass of bubbly on arrival followed by their delicious afternoon teas, lovingly prepared by a stellar team of volunteers. The rain held off just about and it was a sight to see with everyone dressed in red, white and blue as well as the bunting all around.

We managed to raise an incredible **£1,845.59** in total from ticket sales, the raffle and general donations on the day. We'd like to say a huge thank you to Red Key Concepts Design and Build Ltd for sponsoring the event and for coming along. Rodda's Clotted Cream kindly donated the pots of cream as well as Tiptree jam which were greatly appreciated as there was a shortage of cream in the local supermarkets on the day too. We would also like to thank Waitrose and Morrison's Canterbury for supporting the event as well as Mansfields for the supply of delicious strawberries. There was a wide range of cakes and scones donated too by our members and volunteers so thank you all for these! Those attending were treated to musical performances by Barton Court School as well as the Connollys later on and had the chance to take part in a fantastic raffle.

The final thank you goes to our incredible team of volunteers for putting on such an amazing event with your hard work preparing behind the scenes and on the day, we truly could not have done it without you and we are so grateful for the team effort.

We were so pleased to welcome everyone back to the Centre and we can't tell you how happy it made us to see everyone enjoying themselves together and seeing old friends.



This year's **Big Give Christmas Challenge** will focus on raising funds for our complementary therapies. Over 150 members access these therapies and find them a great way of alleviating their symptoms.

In 2021 complementary therapies were reported by our members to: improve mood & general wellbeing (80% users); reduce stress & tension (72% users); reduce spasticity & muscle tightness (56% users).

This year we are aiming to raise **£7000!** There are 2 stages to the Big Give:

- **Stage 1** is now open and people are encouraged to 'pledge' a donation towards the campaign (to be paid after the campaign closes in December). The minimum pledge is £100. Pledges need to amount to a total of £1,750.00
- **Stage 2** runs for the 1st week in December (29th November – 6th December) and where donors are asked donate to the campaign. Half of the target needs to be raised during this time - £3500.00.

If you would like to sign up to pledge to the Big Give Christmas Challenge for 2022 please register at the following link:

<https://www.thebiggive.org.uk/s/pledge?campaignId=a056900002NhJoeAAF>

*"What I really like about traditional acupuncture is that it treats the whole person rather than individual symptoms. I was taking medication for neuropathic pain for seven years before trying acupuncture. Over time, with regular treatments I have been able to slowly reduce my medication."*  
(Louise, MS Member)

## Support for the Hydrotherapy Suite

We are delighted to announce that following the launch of our 'Name a Wing' campaign the late **Gordon Payne's** family have generously donated a legacy to name the Hydrotherapy Suite in memory of Gordon. Gordon was instrumental in fundraising for the new Centre (having been a regular member of the shack). Being an avid swimmer it seemed fitting that Gordon's legacy continued by supporting the pool. The legacy will be ringfenced for the hydrotherapy suite and I am delighted to announce that we have been able to purchase a new poolside dipper and mobile hoist. There will be a renaming of the suite in memory of Gordon over the coming months and a new plaque will be put on the wing. I would like to thank the Payne family for their continued and generous support of the Centre.

If you would like to find out more about supporting the Centre and naming a wing, please contact Heidi on [hcoleman@kentmstc.org](mailto:hcoleman@kentmstc.org)





## Spotlight on Oxygen Therapy

An Oxygen therapy chamber can provide a significant increase in the amount of oxygen entering the bloodstream assisting in the body's natural healing process.

Oxygen therapy can be effective in alleviating symptoms such as fatigue, bladder urgency and frequency, brain fog, aiding general mobility, repair broken bones and heal wounds. There are a very limited number of exclusions. These include those under 18 and people on certain medications.

## Did you know?

We also offer Oxygen therapy to people with other health conditions. It can benefit those with chronic fatigue & associated conditions, wound healing and fractures, sports injuries, migraine and cluster headaches, Long Covid symptoms, fibromyalgia, Parkinson's disease, stroke, Lyme disease.



**Contact Jemma at  
jpask@kentmstc.org or 01227  
200795 for more details.**

## Member Testimonial

"I have been off work for one and a half years because of Long Covid. The fatigue was debilitating and affected my quality of life. 15 months into Long Covid I started oxygen therapy at KMSTC.

After four or five sessions, my brain fog was better and that was the first sign of improvement I noticed with this therapy. It took about 15 sessions for the fatigue to improve and I no longer needed to sleep when I got home. I could do more around the house. Oxygen therapy has transformed my Long Covid life. It is still a long way to go before I can start jogging or doing high intensity interval training again but I wish I could have started it sooner than I had."





## Sunny day at the Summer Fayre!

Our annual favourite, the Summer Fayre took place on Saturday 25 June and it was a lovely day! The weather was perfect and the Centre was full of excellent craft stallholders selling candles, crafts, gifts, jewellery and patchwork. Our fantastic team of volunteers worked tirelessly across our stands including the Wine and Water, refreshments and the bar so a huge thank you to you all. We'd also like to thank the UK Paper Band Sittingbourne for your amazing performance on the day. See you all again at the Christmas Market on Sunday 20 November!

In total the Summer Fayre and Summer Raffle have made an amazing **£2,408.25**. Thank you so much to all of the local businesses who kindly donated prizes towards the raffle.



# Have you considered leaving a legacy?

We have recently benefited from generous 'in memory' as well as legacy donations from past members and their families for which we are extremely touched and grateful. Donations such as these are a lovely way to remember an individual and can be used in many ways to help support the Centre. We can also work with you and your family to ensure that you will have a lasting legacy for many years to come at the Centre. This might involve planning to plant a tree, placing a bench in the beautiful grounds for members to enjoy or even display an 'in memory' plaque in the Centre.



## A lasting legacy

Leaving a gift in your will to the KMSTC when making or updating your will is one way of helping people living with MS in Kent to receive the support that they need. We know that making sure that your loved ones are taken care of when writing your will is your utmost priority. But by also considering including a gift in your will you will also ensure that we can continue to deliver services for many years to come.

When you pledge to leave a gift in your will you are leaving a lasting legacy. You can be assured that your donation will be put to good use.

## Inheritance Tax

Any gifts to a charity are exempt from Inheritance Tax and that Inheritance Tax is reduced from 40% to 36% if a charity inherits 10% or more of the net Estate.

## In memory of someone special

Making a donation in memory of a loved one is a meaningful and lasting tribute and one that can change the lives of so many. Instead of asking for floral gifts at a funeral, many people now ask for loved ones to donate to a nominated charity instead. Kent MS Therapy Centre can support you with in-memory collections either by providing collection pots, envelopes including gift aid declaration forms or setting you up an online donation facility. Alternatively, your funeral director can take care of this for you and can work directly with us.

## Writing your will

KMSTC is proudly sponsored by Pocock's Solicitors of Whitstable and they would be more than happy to assist you with writing your Will. They offer a discount of 20% to all members and users of the Centre. For more information, please contact them on 01227 770222 and tell them that you are a member and/or user of the Centre. You can also find out further details on their website at [www.pococklaw.com](http://www.pococklaw.com)

## Contact us

For a confidential chat about how to make a particular gift, please get in touch with Heidi Coleman, our Head of Income Generation via email [hcoleman@kentmstc.org](mailto:hcoleman@kentmstc.org) or telephone 01227 200792.





## The Value of Trust

*by Beverley Callaghan*

Did you know that there are in the region of 8,000 grant-making trusts and foundations in the UK, giving in excess of £3bn in donations to charities every year?

The Wellcome Trust (which advances scientific discovery) is the largest grant-making trust registered in the UK (and second largest in the world after the Bill and Melinda Gates Foundation), spending in the region of £1.2bn a year. Compare that with the Jack and Eileen Aisher Charitable Trust (general charitable purposes) whose annual spending is around £3,500 per year, and this will give you an indication of how varied in size and purpose these funders are.

Here at Kent MS Therapy Centre, we need to attract a minimum of £200,000 every year from charitable trusts to keep our operations going.



We are fortunate to have regular trust supporters, but we also work hard to find new donors. In recent months we have received £5,000 from The James Tudor Foundation towards our physio- and hydrotherapy services, and £4,990 from The Screwfix Foundation which will help us to redecorate our social area later this year.

Something that really helps to bring a grant application to life is a short case study of someone who has been supported by our charity. So, if you would like to tell us how you have benefited from any complementary therapies, physiotherapy, hydrotherapy, Pilates or gym sessions please get in touch with me - Beverley Callaghan, Trusts and Foundations Fundraiser at [bcallaghan@kentmstc.org](mailto:bcallaghan@kentmstc.org)



# Heidi's London Marathon

I never thought I would be announcing that I would be taking on the London Marathon again! Having run competitively at a club level, representing Kent over various distances and lining up on the Elite Women's start at the London Marathon in 2006 and 2007 I have since enjoyed running more as a hobby and became a Mum too with more important responsibilities!



When an email came through saying that the Centre had been given a place in this year's London Marathon my heart missed a beat. I felt that it was a sign telling me that it was meant for me and therefore I should commit to taking the place and supporting the charity. So, this is exactly what I have done! I'm well on my way to preparing for this year's marathon with a new perspective and target. That being to raise money for the Centre and in doing to support our members. I have met such wonderful people since I started working here, many of whom have become my friends. I am truly touched by the stories that I hear and so many of your life experiences, both with MS and also other conditions. I can't think of a better way than by challenging myself to take on this year's London Marathon with a focus on the Centre, you, the members and in doing so raising our profile and hopefully some donations. I shall be running with my good friend and running partner Matt Sworder who is also running for the charity. Matt is the owner of the Corner House Restaurant in Canterbury and will be involved in some other exciting initiatives later in the year.

If you would like to donate to our London Marathon challenge please visit our fundraising page: [donate.giveasyoulive.com/fundraising/heidi-and-matts-london-marathon-2022](https://donate.giveasyoulive.com/fundraising/heidi-and-matts-london-marathon-2022)

## CONSTRUCTION & DEVELOPMENT

01227 649030 [www.redkeyconcepts.com](http://www.redkeyconcepts.com)



# David gets on his bike for KMSTC

David Smith, Centre member, is taking on the 60 mile challenge at the Canterbury Bike Ride on Sunday 24th July. Here's what he had to say about the challenge:

"My wife has lived with MS for almost 40 years and our association with the Centre goes back around 30 years. So we have seen the changes over the years and also appreciate what it provides. It is a source of hope and inspiration that those with MS do not always receive elsewhere. I am now her main carer combining that with part time work. I am excited to be riding in the event and will be proud to represent the Centre. If I wear this top you will see me coming!

I got interested in cycling during lockdown as I found it a good way to exercise safely outdoors. I like a challenge and have never cycled 60 miles in a day before. It will be something to strive for and is providing motivation to get out regularly as part of my training.

I will be trying to get sponsorship by tapping into the generosity of family and also by approaching selected groups of friends, colleagues and other contacts."



## Join our team at Canterbury Bike Ride!

The Kent MS Therapy Centre has a number of free spaces for this brilliant ride. To take part for us, all we ask is that you raise £75 for the 25 mile ride, £150 for the 60 miler and £200 for 80 miles.

THE CANTERBURY  
**BIKE RIDE**

As an entrant to The Canterbury Bike Ride, you benefit from:

- Fully waymarked routes with a back up route map and GPS files;
- Feed stations on the long and medium routes;
- On-course first aid and mechanical support

We are a partner charity for the event along with Canterbury Wheelchair Rugby.

We'd love for you to join our team for this ride and fundraise for KMSTC!

Cyclists of all ages and abilities are welcome.

Email [fundraising@kentmstc.org](mailto:fundraising@kentmstc.org) to register.

**Sunday**  
**24 July**

**Canterbury Rugby Club**

# Spotlight on our Shop



Did you know that we have our very own charity shop in our Centre? It's run by a brilliant team of dedicated volunteers. We sell a wide range of items such as bric-a-brac, clothing, toys, accessories, jewellery, KMSTC merchandise, art and much more!

## Sorting Donations and Recycling

We accept donations to our Donation Station in our car park including clothes, bric-a-brac, CDs, DVDs and jewellery. We do not accept electrical items, furniture, underwear or soiled items so please check what you're donating as a courtesy to our volunteers.

Donated items then get sorted to go in our shop to be sold. For items that do not sell, we have recycling schemes for books, clothes, bric-a-brac, CDs and DVDs.



## In the shop

The shop is open from 9am to 4.30pm from Mondays to Fridays as well as the last Saturday of each month during our Coffee Mornings from 10am – 12pm. The till is usually manned by a volunteer but if not, you can purchase your items from Reception.

We've recently started a monthly system in the shop so we can keep track of the rotation of stock and make sure things are moving around, so do pop in and check it out! You might find an item you love!

## Redecoration

We will be redecorating the social area this summer. We are also hoping to redesign the shop at some point this year. This will be a nice opportunity to improve things for both our volunteers and our customers.

If anyone can donate any materials to help refit the shop and/or offer their time and services to assist with a refit and redecoration it would be appreciated. Email us at [fundraising@kentmstc.org](mailto:fundraising@kentmstc.org)





# Volunteering Opportunities

If you know of anyone interested in volunteering or are interested yourself, we have a number of roles on offer:

## Charity Shop Volunteer

We have a charity shop in our Centre and we are looking for volunteers to help run it. We need volunteers to help sort donations ready to go in the shop as well as man the till. This involves till operation, pricing items, stock management and sales to our customers and members.

## Fundraising Volunteer

We have a number of different roles to help in our Fundraising Team. You could help with online sales from our shop, help organise our social committee events, research raffle prizes, engage with local communities such as schools and corporates or support us with our administration work.

## Events Volunteer

We hold a range of events throughout the year that we are always looking for volunteers for. These include our bucket collections, Coffee Mornings, Summer Fayre, Christmas Market and various other fun events. Roles include car park marshalling, refreshments, tombola, ticket sales.

To find out more please email [fundraising@kentmstc.org](mailto:fundraising@kentmstc.org)

## Charity of the Year



Being nominated as Charity of the Year for businesses and organisations is a great way for the Centre to increase its visibility in the local community.

We have been fortunate this summer to have received the Charity of the Year vote from the staff at **Caxton's** in Canterbury. As a result, we have received a generous donation of £4,687.94 from their offices which goes towards our core running costs at the Centre. Thank you to everyone at Caxton's for voting for us. Your kind donation makes a huge difference to the charity and helps us to be able to continue to support those living with MS and other conditions in Kent.

We will also be Charity of the Year for the **Ashford Rotarians** for 2023! This will start with a presentation at one of their evening meetings in September where we shall raise awareness of the Centre and the wonderful work that we do.

If you work for a business or are part of an organisation please do consider putting our name forward for Charity of the Year. This could simply be naming us as a beneficiary for an event that you hold which of course we can help to support and promote. If this is something you are able to do please contact Heidi on [hcoleman@kentmstc.org](mailto:hcoleman@kentmstc.org)

# Member Feature

Hello, my name is Judith Morland, and I received my diagnosis of Primary Progressive MS in 2013, following several years of severe migraines, and worsening weakness in my legs.

I live with my husband Tony in Broadstairs, we've been married for nearly 44 years, have three adult children and six wonderful grandchildren.

I call my MS my 'retirement present' as the diagnosis came a year after retiring from 38 years of nursing. I had suspected that I had MS for some time, so the diagnosis was somewhat of a relief, as it was then confirmation of the varying symptoms that I had been experiencing.



While waiting for my diagnosis, I had been researching what support might be available and this led me to the discovery of the MS Therapy Centre. I remember my first visit clearly, and the feeling of being understood, welcomed and accepted that it gave me.

I started oxygen therapy immediately, and started to try different therapies such as massage and acupuncture, all of which I continue with to this day, as I have had continued benefit from them. I choose to manage my MS by following the Overcoming Multiple Sclerosis programme (OMS) and take a drug called LDN (Low Dose Naltrexone).

The ongoing benefits I have had are; sleeping well, no brain fog, good concentration and minimal fatigue. I am also a counsellor and was able to carry on working until February 2020, when out of the blue, early one morning I suffered a cardiac arrest at home. My guardian angel, aka Tony, gave me CPR for 15 minutes before the paramedics arrived! I then spent 40 days in hospital, in ITU and Coronary Care, having extensive investigations, after which they could find no reason why I had experienced a cardiac arrest. I came home, in a hospital bed, after being fitted with an Implantable Cardioverter Defibrillator (exactly the same as Christian Eriksen, the Danish footballer) unable to stand without help.



Whilst being in hospital, the world had gone slightly crazy, as I came home two days after the first lockdown had begun, and of course the MS Centre had to close.

However, the wonderful staff and volunteers kept in touch with support calls and the online Zoom courses began. I took part in breathwork and guided meditation, book club, art workshop and seated Pilates and yoga.

I now use an electric wheelchair, feel wonderful and I am enjoying life to the full. I know 100% that as well as my amazing family and friends, the MS Therapy Centre has been instrumental in my recovery.

I still have oxygen therapy, although outside the tank due to my ICD, hydrotherapy and continue with seated Pilates and yoga. Yes, I'm still sleeping well and continue to feel alert and experience minimal fatigue. A heart-felt thank you to all of you at the Centre.

## Carers' Week

To celebrate Carers' Week (6-12 June), we held a Carers' Coffee Morning at the Centre on Wednesday 8 June. It was a great morning; our valued community of carers had the chance to get together to chat, share experiences and support each other. As well as this, we invited care charities Carers' Support East Kent and Crossroads Kent to join us and spread awareness of the work they do to support carers. We had some really great feedback from both our carers and the charities who attended about how informative the event was so this is something we are looking to hold again in the future for anyone who might have missed out.



**CROSSROADS**  
CARE KENT





# DINE AND DONATE

Follow this recipe for a fantastic time:

1. **Invite Your Friends** — as many as you can seat!
2. **Cook a Meal** — fine dining or traditional grub!
3. **Your Friends Donate** — for the feast before them!

TAKE PART ANYTIME IN **SEPTEMBER!**  
ALL DONATIONS TO SUPPORT KMSTC!

Read more and sign up here:  
[kentmstc.org.uk/get-fundraising/dine-and-donate/](http://kentmstc.org.uk/get-fundraising/dine-and-donate/)



SCAN ME

Help raise £5,000 for our Centre that supports people living with MS and other conditions.

The party host that raises the most will win dinner at the Corner House!

  
Kent  
**ms**  
Therapy Centre  
Registered charity no. 801382

 Registered with  
FUNDRAISING  
REGULATOR



PARTNERING WITH  
MATT SWORDER AND  
THE CORNER HOUSE  
RESTAURANTS

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**KMSTC is a registered charity. Registered charity number 801382.  
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**Chair of Trustees:** David Bailey

**Trustees:** Jill Tompkins, Adam Cleur, James Limmer, Hilary Brian,  
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**Chief Executive Officer:** Spencer Goddard

**Patron:** Rob Key

## **FIND US AT**

Kent MS Therapy Centre, Bradbury  
House, Merton Lane North,  
Canterbury, Kent, CT4 7DZ

## **GET IN TOUCH**

**Call us:** 01227 470876

**Email us:** [info@kentmstc.org](mailto:info@kentmstc.org)

## **OPENING HOURS**

**Monday - Friday:** 8.30am - 5pm

**Saturday:** 8.30am - 1pm

**Sunday:** Closed

**[www.kentmstc.org.uk](http://www.kentmstc.org.uk)**



Kent MS Therapy  
Centre (KMSTC)



kentmsttherapy



KentMSTC



Kent MS Therapy  
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