



Newsletter March 2020

PROTECTING ALL THOSE USING THE CENTRE FROM CORONAVIRUS

The MK MS Therapy Centre is continuing to operate normally, but in keeping with National Government and National MS Therapy Centre advice, we would emphasise that all volunteers and clients do **not attend** the Milton Keynes MS Therapy Centre if you have any symptoms of (respiratory) infection including: New Prolonged Cough, Fever or Shortness of Breath. Of course, even without the Coronavirus pandemic, nobody should attend the Centre if they are unwell with a potentially infectious condition.

The MS Therapy Centre is using strict hygiene precautions as always.

When using the Oxygen Chamber please keep your mask on during depressurisation and until a minute after the door is opened. This is to ensure that if someone is infected with the virus and isn't showing symptoms yet, they will be less likely to spread the infection to other chamber occupants.

Please continue to wash your hands thoroughly with soap and warm water, both soon after entering the Centre and before leaving (and regularly at other times as per Government advice). Use hand sanitiser if soap and water are unavailable. Wheelchair rims, wheels and controls should be cleaned regularly.

Please ring Reception as early as possible if you are intending not to attend for your appointments.

We will be using emails, our website and social media channels to keep you informed of any updates regarding any potential change in the MKMS Centre's operation, as we are in a rapidly changing situation. Please also keep yourself informed about latest Government advice.

If you have any queries or concerns please do let us know.
Your cooperation and support is appreciated at this difficult time.

Sorry to start with such a stark message, but we feel it is our duty to try to keep all our members informed. We still have information we need to tell you about so please carry on reading.

John Napleton

I'm afraid we have more sad news to tell you this month. John Napleton, a valued member for many years, has passed away after several months of deteriorating health. John was a lovely man, always ready

to chat and incredibly generous to the centre. He always paid far more than he needed for his therapy, donating large sums to the centre over the course of a year. John's funeral will be on Thursday 19th March at Simpson church at 11.45am, followed by a private cremation.

Fundraising Update

January Blues Coffee Morning

Many thanks to everyone who attended and helped with our coffee morning. Once again it was a great success. Many thanks to Sharn for her sterling efforts and to all the volunteers who helped raise **£320**.

Community Foundation Car Raffle

Everyone agrees that the experiment of only selling car raffle tickets digitally was not a success. Far fewer tickets were sold. Ironically, though, all the charities came off better than expected as the Community Foundation are giving us 100% of the value of the tickets we sold instead of the usual 50%. This means we raised **£250**. Thank you!

Open Day

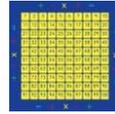
It's nearly time for our annual Open Day when we celebrate our centre and the years of providing therapies to the community. Please come along for refreshments and the chance to meet health professionals, other members and all our volunteers. This year our Open Day will be on **Friday 22nd May from 11am to 1pm**. We hope you can come along to meet other members and our volunteers. We will of course keep you updated closer to the event.

Alex Jeffs Memorial

Following the tragic death of Alex Jeffs, as reported in our January newsletter, £271 was raised by a collection at Alex' funeral and donations from our members at the centre. In addition to this money, a rose bush named Alexander was donated to the family to be planted in Alex' memory. They have also given a similar amount from the collection to Cats Protection, as Alex was a great cat lover. We would like to thank the family for donating the money to us and once again extend our condolences.



100 Club



One of our members has suggested we set up a 100 Club to raise funds.

This involves members choosing one (or more!) number from 1 to 100 and paying £1 per number. At the open day on 22nd May, a number will be drawn and the owner of that number will receive £25. Details are with reception. Please give it a go!

Christmas Lunch

Sorry. I know it's only March, but we need to be prepared, so the date and venue for our Christmas Lunch have been booked! It will be on



Tuesday 1st December at Abbey Hill Golf Club and will cost £21. Reserve your place by putting your name on the list and paying a £10 deposit. Pay the balance when you choose your menu.

Hairdresser



You should have received an email from us recently about Carol, a qualified hairdresser, who is very kindly donating her time and expertise to us to provide hairdressing for our members. Carol is not charging us anything but we ask for a £5 donation from anyone who has a haircut. The next scheduled dates for Carol are Friday 27th March and Friday 24th April 11am to 1pm

Parking

We are fully aware that the parking situation gets worse and worse.

There is nothing we can do about our lack of parking spaces, but we ask again that members who do not have mobility restrictions park in a side road away from the front of the centre, because many of our members are unable to walk far. Thank you.

