



# MK Multiple Sclerosis Therapy Group Ltd

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## Newsletter July 2020

### Welcome to *The New Normal*

Hello everyone. First of all, I hope you are well and have coped through the long weeks of lockdown. I know that some of you have had Covid-19 so I hope you have recovered and are feeling much better. Although things are easing up a bit, we all know it is by no means over and we will be living with the effects of Covid-19 for some time to come. For now, though, I am pleased to say that, all being well, we have plans to open for oxygen therapy in August. The centre has been cleaned and a professional deep clean will be done a few days before we open. Equipment is being put in place to protect volunteers and members. We are very grateful to all the volunteers and therapists who have helped to get the centre ready to open. It has taken a lot of work! Read on for more details of the sessions and other news that has crept through the lockdown barriers!

### **HBOT Restart**

All being well, our first oxygen therapy sessions will start during the week of August 3<sup>rd</sup>. All members who have expressed an interest will be contacted with the dates we have scheduled for them. Because of necessary operating restrictions, numbers are limited. We will open Monday, Wednesday and Friday mornings for two dives and Wednesday evening for one dive. Because of the restricted sessions, nobody will be able to have more than one dive a week, probably one a fortnight, until we can increase the number of sessions available. Strict protocols will be followed to keep everyone safe and we will send these, along with details of scheduled sessions, to participating members. We are looking forward to being able to provide much needed HBOT again and hope we will be able to open up other therapies later in the year.



We will be asking for payment by bank transfer or telephone banking, as we do not want to accept cash at present. More detail will be included in the information we will send to members when we have scheduled your appointments.

Please let us know if you will want to return later in the year for other therapies.

### **Donation**

Earlier this year I reported on the sad death of John Napleton, who was a member at the MS centre for many years. Since then we have received over £800 in memory of John. We would like to thank John's wife Sue and everyone who has contributed to John's memorial donation. We once again send our condolences to John's wife and all his family.

## MK Community Foundation Grant



We are delighted to tell you that MK Community Foundation has awarded us an emergency grant of £4200. This will help us enormously to put everything in place to reopen in August. We would like to thank the MK Community Foundation for this funding to support our re-opening.

## Yoga

A big thank you to Karen Noon who ran a yoga class on Zoom for our members. The class raised over £100 for the MS Centre and we are very grateful to those who participated and to Karen for her time and expertise.



## Centre Clean-up

I thought you might like to see the disruption of turning out the whole centre to enable a really thorough clean. Lots of heavy lifting! Well done everyone who helped.

