



MK Multiple Sclerosis Therapy Group Ltd

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Newsletter October 2020



Recently my husband and I decided to go to the Lake District for a couple of days. I was very wary, as I've hardly left our village this year, but I was so glad we went. We were very lucky to be able to enjoy the beautiful autumn landscapes and it helped to set us up for what is likely to be a difficult winter. Here at the MS Therapy Centre, we're still not

back to 'normal'. Perhaps we never will get back to how things were before the start of the Covid-19 pandemic, but we have been getting on with as much as we can in these restricted circumstances. Sharn, our Centre Manager, and all our volunteers must be congratulated for their commitment and professionalism in working so carefully within government guidelines to keep everyone safe as we continue to provide essential services to our members. We would also like to thank the members who have been coming in, who have all complied so well with the regulations. There are a few items we want to update you on, so please read this newsletter to find out what you need to know.

Christmas Closing



Despite all the difficulties this year, Christmas will still happen in one way or another, perhaps with smaller turkeys! The

centre will close on Wednesday 23rd December and reopen on Monday 4th January 2021.



Donations

Many thanks to Fran Leighton, a yoga teacher in Potterspurty, who has kindly given us over £140 after this was donated by people attending her yoga classes. Thank you to all those who donated and thank you Fran for running the yoga classes.

Podiatry

Our podiatrist, Christine, has retired but Roz has found another podiatrist who would like to come in if there is enough interest. The cost would be £25 for a 20 minute appointment, payable directly to the podiatrist. Please let us know if you would be interested.

Massage

If we get more demand for massage, we could consider offering appointments on Monday and Friday mornings. If you want an appointment, please email mkmstherapygroup@btconnect.com or mkmstherapygroup@gmail.com or call the Therapy Centre (01908 225907) on Wednesday morning or evening and ask to speak to Laura. If no appointments are available Laura will put you on a waiting list.

Pillows for massage: there are no pillows in use at the centre, so if you need one for your comfort whilst having a massage, please bring your own.

Please note: we have strict protocols in place when members come for their HBOT or Massage. Please read the protocols as they might help you decide whether or not to attend for therapy. You can [select this link](#) to download the protocols in PDF.

Goodbyes

Over the past few months we have said goodbye to some of our volunteers and therapists and we would like to thank these valued members and associates of the MS Therapy Centre.

Lisa Weatherhead was one of our very first



members back in 1993 when we opened. She was a volunteer with us for many years. As our HBOT manager she was expert in all things to do with the operation of the HBOT chamber. Lisa always brightened up the centre with her laughter and cheery smile and we will miss her. Lisa is moving with her partner Bernie to start a new life in Anglesey. We wish Lisa and Bernie all the very best for the future.

Wendy Hopkins volunteered with us for several years. She came in on Tuesday mornings, helping with general jobs around the centre as well as some administration, making us all laugh with her ready wit! We wish Wendy the very best for the future.

Robin Houghton joined us as a member at the beginning of last year. In a very short time he developed an excellent understanding of the oxygen facilities and became our deputy HBOT manager. Unfortunately Robin's health has prevented him from returning. Thank you Robin. We wish you well.

Janine Hawkins worked with us as a



therapist from 2010. In recent times Janine has been working on a new venture as well as continuing her own private therapy services. She felt now was time for her to concentrate on these new and exciting enterprises. Thank you Janine for all your years of work and friendship with us.

Paula Rothwell joined us in 2016 to provide



shiatsu therapy to our members. Paula was the first person to offer this therapy and it proved very popular. Paula has decided to reduce her working hours and has not returned to us since we reopened. We wish Paula well for the future.

Our thanks to all of you. We hope you all stay safe and well in the future. Please keep in touch!

Session Times Reminder

A quick reminder of all our current session times for HBOT and other therapies. All sessions are by appointment only and must be paid for in advance by bank transfer.

Dives

Mondays	10:00, 11:30
Wednesdays	10:00, 11:30, 17:30
Fridays	10:00, 11:30

Emily

Tuesdays	09:30, 10:30, 11:30, 12:45, 13:45
Thursdays	09:30, 10:30, 11:30, 12:45, 13:45

Jo

Wednesdays	16:45, 17:45, 18:45
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Snow and Ice

As winter approaches, we would like to remind you that in the event of bad weather, the centre will be closed. We must consider the welfare of the volunteers who run the centre and the safety of all our members. We advise you to call the centre, if there is snow or ice, to ensure that we are open. If there is no reply in opening hours WE ARE CLOSED!