



MK Multiple Sclerosis Therapy Group Ltd

MS Therapy Centre
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Newsletter December 2020

What a very strange year we have had. Nobody could have imagined a year ago that we would live through the turmoil of a major pandemic. It has been a very difficult time for everyone and huge thanks must go to all the volunteers, staff and members who have continued to work with us to keep the centre going. Please get in touch if you haven't come back to us yet and you are considering returning in the New Year. In the meantime I hope you are all able to enjoy Christmas. I for one won't be sorry to see the back of 2020 but with the rollout of a vaccine already underway, maybe we can look forward to a vastly better 2021. Let's hope so. Happy Christmas everyone!

Christmas Closing

The centre will close on
**Wednesday 23rd December
2020** and reopen on **Monday 4th
January 2021**.



HBOT Charges

This has been a very difficult year for the centre financially. Even before the start of the pandemic, we were struggling to break even. Since the introduction of Covid-19 restrictions, the extra costs incurred by PPE, and the limited number of members we are able to cater for, our costs have risen. If it weren't for emergency grants we have received from the MK Community Foundation and the government, we would already be unable to pay our way. If we want to keep the centre running we must increase our charges for all HBOT session. From January 1st 2021 £5 will be added for both MS and OC members. Therefore MS members will pay £20 for up to 2 sessions in the same week and OC members will pay £25 for up to 2 sessions in the same week. We hope you understand why we have to make this increase.

New Uniform

Many thanks to Martin Sheaf (son of our member John Sheaf), whose company, Briggs & Forrester Engineering Services Ltd of Northampton, has very kindly donated new



uniforms for our volunteers. I hope you will agree they look very smart. Thank you John and Martin.

Covid Precautions

Please remember that we must continue to operate the centre within government guidelines to keep everyone safe. Before entering the centre, you must wait outside to have your temperature checked and answer three Covid-related questions. If your temperature is above 37.8 or you answer yes to any of the questions, you will be denied entry. When you come in you must use the hand sanitiser and try to maintain social distancing by keeping one metre + away from others. Masks or visors must be worn by all members and volunteers inside the building at all times. Thank you for your cooperation.

Podiatry

We have a new podiatrist, Helen, who is available to come in from January. She charges £20 for a 20 minute session. Please let us know if you are interested.



New Volunteers



We are delighted to welcome two new volunteer operators, Sarah and Ray, to the therapy centre. They are now fully trained operators and a valuable addition to our team. We are also very pleased to welcome back Claire as a volunteer. Claire has been a member for many years and has now returned as a volunteer after taking a break to look after her two young boys. We thank you all for your much appreciated help.

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
Wednesdays	09:30, 10:30, 11:30, 12:45
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

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!