CONTACT

S. YORKS MS THERAPY CENTRE

Self-help is our way of action

The newsletter of the
Multiple Sclerosis Therapy Centre
(South Yorkshire) Limited

Our way of keeping in touch

APRIL 2018

Thanks to everyone who came to our fabulous Easter Fun Day, which was much enjoyed by all!!

Registered Charity Number 700382 Registered Company Number 2215138

Multiple Sclerosis Therapy Centre (South Yorkshire) Limited
Bradbury House, 25 St Mary's Drive,
Rotherham S60 5TN

E-mail address: **info@mstherapy-syorks.org.uk**
Website address: **www.mstherapysyorks.co.uk**
Telephone Number: 01709 367784

Manager: Julia Conlan-Greaves
Centre Assistants: Judy Jones, Tam White, Jo Speight

Opening Times:
Tuesday, Wednesday, Thursday, Friday (9 am to 4 pm)

Committee Members:
Chairman: Michael Jones
Treasurer: Craig Hardman
Members: Sharon Eccles, Sally Fellows, Kevin Groundwell, Alwyne Hill, Shakira Hussain, Mary Jones, Gail Morgan, Helen Rodgers, Philip Waterworth.
Company Secretary: Tam White
Minutes Secretary: Tam White

Therapies on offer:
High Dosage Oxygen Therapy, No-Pressure Oxygen Therapy, Physiotherapy, Osteopathy, Foot Health Practitioner, Acupuncture, Alternative Therapies (Massage, Reflexology, Aromatherapy, Reiki, Hopi Ear Candling, Indian Head Massage), iMRS (intelligent Magnetic Resonance Stimulation)

This newsletter is for and by the members of the Centre. If you have something you think others would be interested in you are most welcome to send it to me.

The views expressed in this publication are individual and not necessarily the view or the policy of the charity and its supporters. Similarly, any article which contains information about another organisation must not be seen as implying support for that organisation.

Please email/post any contributions you would like to make to this Newsletter to the addresses above.
https://www.facebook.com/pages/MS-Therapy-Centre/561299123908589
Twitter @MSTherapySYorks

Please submit all contributions to the next issue by ***Friday 29th June 2018.***

FROM THE EDITORS: Hello to you all, and we hope you are enjoying the warmer weather – it's so nice to be out and about and see all the colours, especially the bright yellow daffodils which have sprung up everywhere. We have some fabulous gardening tips in this issue, as well as all the usual stuff. We're sorry this issue is later than planned, which leads me to this….would anyone like to volunteer as Editor? I really enjoy doing this but now I am working more paid hours at the Centre and taking on more roles, I just don't have the free time that I need. Helen will be continuing to work on the newsletter when she can, but she also has many other roles at the Centre. So we would definitely appreciate some help! It really is a rewarding role, so please let us know if you are interested.

CHAIRMAN'S REPORT by Mike Jones

Chairman's Ramblings - As some of you will know, Mary has been in hospital for just over 5 weeks having had a slight stroke not long after we got home from our Christmas cruise. Visiting her for about five hours a day has brought 3 things to my notice: firstly, parking at the Hallamshire is a farce and a very expensive farce as well. Saturday and Sunday are not a problem but weekdays are a nightmare and at £8.40 a day in the Multi Storey it would have cost me over £200 had it not been for using the Blue Badge to avoid paying (not using a disabled bay but an ordinary one, I add). It wouldn't seem so bad if the money was going to the NHS but it goes to a private company. Secondly, there are not enough Physios to do a proper job for the number of patients they are looking after. For the first three weeks Mary didn't see a Physio at all and after that she only had three or four visits. The downside of this is that, after spending 5 weeks in bed, what little weight-bearing capacity she had has now gone and there is little chance of it coming back. Thirdly, there is a lot of waste in the NHS. I suppose that the food wastage is to be expected from people who are poorly and don't really want much to eat, but why change the bedding in the morning of a patient who is going home that afternoon and then change it again when they go? To avoid bedsores and ulcers on her heels, Mary had a pair of fluffy 'moon boots' (cost £70 a pair) and a pair of metal reinforced 'ski boots' (cost approx. £350 per pair) and at the end of her stay the options were "take them home with you" or we will destroy them as they can't be 'sanitised'.

Mary is now at home and a new set of trials and tribulations have begun. After a lot of measuring and scribbling on bits of paper, and with the help of Anthony with the heavier items, the whole house has now been re-organised. I am now consigned to living in the 'back room', and Mary with her new profiling bed is in the main bedroom with the blanket chest and a desk/bedside table. The new hoist, powered wheelchair, and shower chair, along with my bookcase, are now occupying the dining room, while the manual wheelchair is at the end of the sofa and the commode chair is in the wet room. Other than that we

have not had to do much!! We also have a care package in place for about 6 weeks which involves two carers, morning and evening, with a phone option at lunch and tea times. I have no doubt that I will get used to it all in time but at the moment I don't know what I am doing.

Well, so much for the grand plan. This didn't include a bit about snow and all the associated problems that come with it. On the Wednesday (the first bad day) they managed to park about 200yds away and then walk round to get Mary out of bed. By the time they phoned at 4.30pm the choices were that they could walk to us at 5.00pm or I could sort it out later. As far as I was concerned it was more important for them to see the patients who were in more need than Mary (medications etc.). Getting her into bed was no harder than what we do on a cruise anyway. Thursday morning we managed to get her up, showered, toileted, dressed and into the wheelchair on our own and, looking at the state of our road, we will probably manage on our own for the rest of the day. Friday was the same and on Saturday evening we were more or less back to 'normal'.

I am now beginning to get to grips with it all but the thing that bothers me is that Mary is not using her legs due to the carers using the hoist all the time. After talking it all over with Mary we have decided that when the six weeks are up, and we have to start paying for carers ourselves, we think that we can manage quite well with just the morning visit. Only time will tell!!

On an entirely different subject, we are happy to be welcoming some new Committee members. Over the years the Centre has gone from strength to strength and for it to continue in this trend it really is important that we keep getting some new blood on the Committee. At the AGM in 2019 I have every intention of stepping down as Chairman and someone needs to step up to the plate and take over my role. Julia thinks that I should go on for ever (very flattering) but I have been doing the job for about 12 years now and am probably a bit set in my ways. Someone new, with a new outlook on things, could be very beneficial to the Centre.

And finally….some definitions: **Tree** (n): something that stands in the same place for a hundred years and then suddenly jumps out behind a reversing car. **Street** (n): a broad, flat surface used for the storage of "no parking" signs.

MANAGER'S REPORT and Fundraising Stuff by Julia Conlan-Greaves

Hello, all you lovely people. Hope all is as right with your world as you would wish it x x

Things here are blooming!! Especially our lawns!! They have a magnificent array of daffodils and dandelions!! Does anyone know someone with a fabulous lawnmower who would come and cut our grass for us, please, before it gets so long we will have to machete a path to the door (slight exaggeration there, possibly machete an opening to the car park!). We could offer some remuneration if required by way of tea, coffee, cake or cash.

Really important stuff!! As most of you will know by now, Lynne has left the building!! After 14 years of being Manager and then Finance Officer, Lynne has decided that the glittering lights of retirement are too much and she has chosen chill time. I am sure you will join with us to wish her health, fun and laughter for the future. As well as Lynne leaving the fold it has been a bit of a time for change here - we have two new physiotherapists, a newish acupuncturist and……der der der der der der derrrrrrrrrrrrr!!!! NEW WEBSITE!!! This has been set up and designed for us with a lot of hard work by Primetals and invaluable help from Jo. Check it out, love it, loathe it, let us know and let others know about it too, please.

Now…I know you are an amazing set of people with an enormously diverse skill set, so please could you get your thinking caps on, let your imagination have free range and your creative juices flow? Think …. Fundraising Ideas It does not matter how outrageous they may seem; if they will bring the much-needed coffers into the Centre we need to know and where possible give it a try. We are constantly looking for ways to raise funds and let people know that we exist, so we would absolutely love it if some of your ideas enabled us to reach the wider world. It would also be lovely for our members who continually support us with our sponsored events and in-house tombola's to see other things develop. Of course our marvellous super prize tombola's will still carry on, never fear on that point, but it would be lovely if we could reach a

wide audience and it would be greatly appreciated. I am confident that with your suggestions and help we can do it.

Noticeboard news…we have a new noticeboard (how posh are we?!) which is our gift to you. You can put up any hints, tips, good ideas, new equipment, new drugs or new relaxation ideas that you have found that are great or rubbish. It's a heads-up board for anything and everything you would like to share with our members. Hope you like the idea, one of our members actually suggested it (see… I told you you were brilliant) and I hope you use it and find it helpful and informative.

Serious stuff…As some of you may be aware there is a new Data Protection Act coming into force in May - the GDPR. Please be assured that we are aware and are working within these guidelines. Should you require any further information about this, please do not hesitate to get in touch with me at the Centre.

There is always lots of stuff happening here, so if you haven't been for a while please call in for a refreshment or two and check us out, you are always very welcome.

Love, hugs and laughter
Julia x x

We Want You!!!

Do you have a few hours to spare each week?
You could be an Oxygen Therapy chamber operator or a Newsletter editor.
You could help us out with some admin work, or tend to the garden.
You could simply be a friendly face around the Centre, there to have a chat and probably make more than a few cups of tea!!!
…Or you could be a 'bank volunteer' (particularly for the Oxygen Therapy role) so we can give you a call if we need you.
It's only thanks to the hard work and generosity of our volunteers that we are able to do what we do, and there are LOADS of different roles, so please get in touch if you would like to be part of our friendly team.

What We Offer

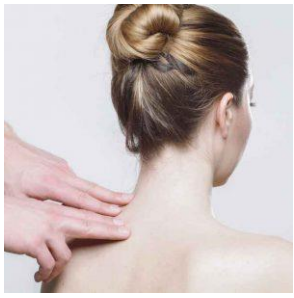
We thought that, in this issue, we would give a quick run-through of the therapies we offer….if you see something new that you would like to try, get in touch.

OXYGEN THERAPY - Oxygen is an important factor in every cell of your body, and it is essential for accelerating healing. The oxygen in the air we breathe is constantly treating the day-to-day damage we sustain – repairing and renewing our cells. When tissues are damaged, the capillaries they contain are also damaged. This reduces the flow of blood that transports oxygen, which could limit or prevent recovery. Because oxygen is a gas, the concentration in our blood is actually determined by the air pressure surrounding us.

Oxygen Therapy involves breathing medical oxygen through an individual mask while sitting in a pressurised chamber. Our chamber seats 6 and is fully accessible for wheelchair users, and we also have 2 external lines meaning you can get the benefits of 100% pure oxygen through your mask (without the additional pressure) even if you do not want to sit in the chamber.

PHYSIOTHERAPY - Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability. It can also help to reduce your risk of injury or illness in the future.

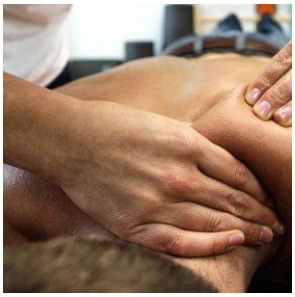
Physiotherapy plays a vital role in managing the symptoms of MS and other conditions. It can be used to:



- improve and maintain joint mobility to keep the body as straight as possible
- improve and maintain balance and co-ordination
- delay, or help teach ways to control, muscle spasms
- maintain general fitness and normal patterns of movement

These will all help with limb control, reduce spasticity, improve strength, aid walking and work against further secondary complications.

OSTEOPATHY - Osteopathy treats dysfunction of the body through manipulation, which helps to reduce pain and increase flexibility and freedom of movement.



Treatments follow a detailed history and examination to find the best treatment options for your problem.

Predisposing and maintaining factors are also assessed to find the cause of the patterns of dysfunction, using a combination of observation, palpation and functional testing. A treatment plan is then discussed with you.

Treatments are very individual depending on your needs. Techniques include a combination of gentle manipulation of the joints of the body and soft tissue massage, along with advice on exercise, posture and health

ACUPUNCTURE - Acupuncture is a treatment derived from ancient Chinese medicine. Fine needles are inserted at certain points in the body, which stimulate sensory nerves under the skin and in the muscles. This encourages the body to produce natural endorphins to soothe pain and discomfort. Acupuncture is recommended by the National Institute for Health and Care Excellence (NICE) as a treatment for chronic headaches and migraines.

COMPLEMENTARY THERAPIES - We offer a variety of massages including reflexology, aromatherapy, reiki and Indian Head massage. Our therapist works to relieve muscle stress, tightness and tension, and to relax the mind and body, using these techniques.

iMRS - iMRS therapy is a Pulsed Electromagnetic Field therapy, and uses a supportive therapy and wellbeing device. An 8-minute session will energise every one of the 75 trillion cells in your body.

Research has shown that low-energy pulsed electromagnetic frequencies can produce remarkable positive changes within the body's cells. This can produce more energy which enhances the self-healing powers of the body to help treat a wide range of ailments.

iSLRS (integrated sound, light and relaxation system) can be used alongside the iMRS. This system will help balance your brainwaves by giving you the relaxation frequencies via light and sound that will help your body become more energized and rejuvenated - like a healing spa for your mind!

COUNSELLING - It can be very helpful to talk to someone about your feelings. You or people close to you may feel scared, isolated, angry or worried. At the Centre you can meet with a counsellor to talk through your concerns in the knowledge you will receive support in a confidential setting.

EXERCISE ROOM - We have a good range of specialised exercise equipment including a toning bed, exercise bike, treadmill and vibrogym.

The exercise room is available on a drop-in basis. Initially staff will show you, and if needed your support person, how to use the equipment, and provide record sheets for you to monitor your progress. If you need continuing assistance to use the machines you will need to bring someone to support you.

We also have a **THERA TRAINER** - this very special piece of equipment is to help users ‘verticalise’ which is particularly beneficial for wheelchair users. It will help you to stand ‘unaided’, and engage your core muscles and redefine your centre of balance. It can also aid circulation, improve tone, stamina and core strength, decrease fluid retention and increase bone density. Using this equipment requires additional support at all times.

FOOT CARE - It’s always wise to look after your feet. Our foot health practitioner offers nail trimming, corn and callus removal, in-growing and fungal nail treatments, as well as general foot care and advice.

HYPNOTHERAPY - This can be used to enable deep relaxation, and it can also be used to explore self-development themes such as increased confidence. Your goals could include pain or stress management, or overcoming phobias or addictions. Our friendly hypnotherapist can help you work towards your goals.

MEDITATION AND MINDFULNESS - We offer regular Meditation sessions that aim to aid with relaxation, help you manage your thoughts and feelings, and improve your overall wellbeing. These friendly sessions always welcome new members.

Mindfulness can transform your relationship to your physical sensations, thoughts and feelings. A mindfulness teacher is available at the Centre.

RECIPE

Chocolate Brownies

Ingredients

3oz/75g butter

2oz/50g Plain chocolate

2 beaten eggs

6oz castor sugar

1 teaspoon vanilla essence

2oz/50g chopped walnuts

3oz/75g plain flour

½ level teaspoon of baking powder

Method

Grease a 7 inch/ 18cm square shallow tin, line base with grease proof paper. Stand a large basin over hot water, put in butter and chocolate and allow it to melt, then leave to cool. Stir in eggs, sugar, vanilla essence and walnuts. Mix well. Sift flour and baking powder and fold into mixture. Pour into the tin and bake at gas mark 4, 350'F, 170'C for about 40 minutes until firm. Leave in tin to cool. While still just warm, sprinkle with castor sugar. Cut into 12 pieces when cold.

A HUGE thank you to the ladies who very kindly put together and donate fabulous hampers and prizes for our raffles throughout the year. Here are Jane Gray and Cynthia Drury-Smith on their recent visit to present us with this fabulous Easter hamper.

Diane's 50th Birthday Challenges

To celebrate her 50th birthday Diane Toop is completing 5 challenges to raise money for us!!! Running the LONDON MARATHON in April……..doing a WING-WALK in June……..climbing BEN NEVIS in August…….a COAST-TO-COAST CYCLE in September……..and the Bridlington HALF-MARATHON in October!!!

Go girl, you are amazing!!! PLEASE show your support by sponsoring Diane – there are forms around the centre or you can sponsor her through Justgiving (www.justgiving.com/fundraising/diane-toop1)

...And here she is, looking extremely proud – as she should – after finishing the London Marathon. Well done indeed Diane,
we are so proud of you, you are a proper star!!

You can now log on to our **BRAND NEW website**. We're really excited as it's long overdue and it's fabulous. Your views, opinions and feelings about the Centre will be very welcome and could be used on our Website. Also we need to know what YOU want to be on the Website. So, any ideas? LET US KNOW….. **e-mail us your ideas/comments or hand them in the Centre** marked 'WEBSITE' and they'll get to the right person.

Facebook AND Twitter – our fabulous volunteer Shakira is now helping us out with our Facebook page and Twitter account.

We want YOUR INPUT to share with others... Information about good (or bad) products or services, health information, inspirational quotes, your views...absolutely anything you think people would like to read and could benefit from….THE SKY'S THE LIMIT!!!

TWIDDLEMUFFS – **What are they?** Knitted or crocheted tubes with accessories such as ribbons and buttons sewn on to them. They have different textures and things sewn onto them, so you can keep your hands warm inside one while twiddling with the bits and pieces! They are often used to help people with dementia, as they can help to ease agitation and calm the user while keeping their hands and minds occupied. **How can I get one?** Our fabulous volunteer Trish makes these and she has a wide range of designs, and you can get one from the Centre for a donation of £5. Just ask at reception for more information.

DONATIONS – As a charity, we receive no funding apart from membership payments, donations, grants and fundraising. And, as well as keeping the Centre running, we subsidise some of the therapies so the costs are lower for you. The reason we ask for donations when you use our Exercise Room, or enjoy a cuppa with some biscuits or a piece of cake, is that it is YOUR donations that keep the Centre running. So a BIG THANKS to you all xx

Counselling is…….

(By our counsellor Jennifer South)

Discovering who you are;

Sharing in a safe environment;
Reflecting on the past,
Staying in the present
But moving towards the future.

The counsellor walks beside you
In your time and space
As you explore your world –
Expressing your own pain, your feelings,
Your hopes and fears, joys and sorrows.

You search for the part of you
That you sometimes hide.
Sitting in silence or talking
You seek to give voice
Or show through your facial expression
Who you are.

And in the process
Discover
That place of peace
Which lies deep
Within the heart
Of you.

JOBS FOR THE GARDEN

APRIL

1) Plant summer flowering bulbs
2) Top dress containers with fresh compost
3) Mow the lawn on dry days
4) Hoe and mulch weeds to keep them under control
5) Sow hardy annuals, herbs and wild flower seeds outside
6) Increase the water given to house plants
7) Feed shrubs and roses
8) Sow new lawns/repair bare patches

MAY

1) Protect tender plants from late frosts
2) Plant out summer bedding plants at end of the month (watch out for any late frosts)
3) Mow lawns weekly
4) Check for nesting birds before clipping hedges

JUNE

1) Position hanging baskets and pots outside
2) Continue planting summer bedding plants
3) Prune spring flowering shrubs
4) Mow lawns at least once a week
5) Hoe borders regularly to keep weeds under control

JULY

1) Water tubs /pots regularly but be water-wise!
2) Deadhead bedding plants and repeat flowering perennials to ensure continuous flowering
3) Give the lawn a quick acting feed

…And if you need any more gardening tips, have a look at www.carryongardening.org.uk. This site is run by Thrive, a national charity that helps people with a disability to start or continue gardening, and has some fabulous tips regarding methods and equipment. It also

has specific sections, such as: sitting down and from a wheelchair; with sight loss; with a weak grip; if you can't bend easily; after a stroke and with heart disease; and for emotional wellbeing.

As some of you may know, Lynne Foster has retired – her last day was April 21st. After many years dedicated to the Centre, Lynne has decided to put her feet up and enjoy her retirement along with her husband Graham. Wishing her lots of happiness from us all.

A massive THANK YOU to Lucy Scrivens, who some of you may recognise as the Centre's very own 'Mother Christmas'! Lucy ran the Sheffield Half-Marathon for us recently, and left her gorgeous picture rock hidden at the Start Line under a tree. Lucy, you are a star!!

Staff from Primetals recently presented us with four new computers, which will definitely make running the Centre easier!! Over the past year they have really made a difference at the Centre, through donations and through staff giving their time to help us, in various ways, to improve the Centre. So THANK YOU VERY MUCH to you all.

Pictured here is our Linda collecting a cheque from Sheffield firm Martin-Brooks, who have given us continuing support and recently donated £500 to us, as well as to its five other nominated charities. Thank you so much.

LATEST DONATIONS

Vicky Ramsay £3.24…Jim Ashby £34.43…Steve Bradwell (fashion show) £72.00…Henry Boot, Sheffield £250.00…Pilgrim Patchers, Bawtry £250.00…Phil & Ann Whiteley £100.00…EE Barber £50.00…Di & Al Antcliff £10.00…Elizabeth Bloomfield (in lieu of flowers, in memory of Richard Bloomfield) £243.50…Beaumont Legal (dragon boat race sponsorship) £570.89…Margaret Bradbury £6.78…Percy & Sheena Greenwood £27.60…Chris & Richard Frost £4.45…Barbara Purcell £30.00…Irwin Mitchell Solicitors £50.00…Y.Bird £10.00…Mrs P Bennett £167.00…Vanessa Bailey £8.63…Joe Appleyard £900.00 Half-Marathon sponsorship…Anne England £50.00…Linda Foster, The Monday Club £75.00…Colin White £1100.00…Martin Brookes (roofing challenge) £500.00…Lauren £30.00…Pauline Moore £20.00…Gail Morgan £19.00…Lottie Lowe £6.50

Do you have anything for the next newsletter? Whether it's an article you've written, information about a service or activities, a good joke you'd like to share, a rhyme, photos…..anything you think people would like to see….It would be great if you could e-mail it to the Centre or bring it in when you visit so it can be filed ready for the next newsletter. Deadline is **Friday 27th July**.

And just a quick reminder: Please make sure you arrive for Oxygen Therapy appointments **at least 15 minutes early**, as a late session has a knock-on effect for the rest of the day…if you're not on time we'll go without you!!!!!

SOME CONTACTS YOU MIGHT FIND USEFUL:

BARNSLEY MS SOCIETY- Tel 07399 876532/ barnsley@mssociety.org.uk

There are a number of things going on here: an Elsecar social group meets occasionally at lunchtimes, various locations to suit members (tel Sue Baker 07399 876532 for more information). A 'Positive about MS' social group meets at the Neurological Rehabilitation Unit, Kendray, Hospital, Doncaster Road on the first Tuesday of each month 7pm-9pm (tel Carol 01226 435853 for more information). A 35+ Group meets at Sheffield Road Baptist Church on Thursdays at 1pm (tel Jean Charlesworth – 01226 247571). A Tai-Chi class is on Wednesday 10:30am-12:00pm at Wilthorpe Community Centre, Huddersfield Road, Barnsley £12 per month (tel John Coggins 07740 470296 for more information). Yoga and Pilates for MS is at Shaw Lane Rugby Club Monday 12:00pm and Thursday 12:15pm (tel 07399 876532).

Also, don't forget that the legendary Skegness Holiday Bungalow is now in their care: it is available all year round and costs from £200 per week or from £99 for a short break. Please contact Trish Wall on 01226 381524 for further details and bookings.

DONCASTER & DISTRICT MS SOCIETY - Tel 0845 0505314. Drop-in every Friday at the Linney Centre, Western Road, Balby – Reflexology, Aromatherapy, Reiki, massage etc. 10:00am-1:00pm. Halliwick Therapy Swimming Sessions every Thursday 11:00am – 12:00pm at the Dearne Valley Leisure Centre, Denaby.

DERBY and DISTRICT MS SOCIETY – Derby MS Activity Centre offers lots of different therapies and activities. Tel 01332 611810, e-mail centre@msderby.org.uk or see mssociety.org.uk/derby.

ROTHERHAM & SHEFFIELD MSC – phone or text 07858 643416 / sheffieldrotherham@mssociety.org.uk Here for anyone affected by MS, not just members. They hold weekly exercise classes at our centre on Mondays and at Burton Street in Sheffield on Fridays.
MS Society National Centre – 020 8438 0700 / info@mssociety.org.uk

MS Helpline Freephone – 0808 800 8000 (week days 9am – 7pm) / helpline@mssociety.org.uk

NHS Direct 111

Royal Hallamshire Hospital – 01142 711900

MS Nurses (Leave a message) – 01142 712302

Chesterfield Royal Hospital – 01246 277271

Northern General Hospital - 01142 434343

Rotherham General Hospital - 01709 82000

MS Society Helpline – 0808 800 8000 (Free)

Disability Information Service Sheffield – 01142 536745 or e-mail info@disabilitysheffield.org.uk. Gives free confidential advice re disability related issues such as rights, organisations, adaptations, leisure, independent living…

MS Insurance Services – 0800 7833157

FREE computer help for people with disabilities – 0800 269545

Online support groups are growing in popularity, since they are so easy to access and members will have a very varied knowledge and experience of a huge variety of topics and issues. Here are a few that it may be worth having a look at:

- Shift.MS – a social network started to create a positive community and to empower MSers. It focusses on: Reducing isolation and increasing social support, Helping users to acknowledge and actively manage their condition, and Creating a self-sustaining community organisation run by its members.
- The UK MS Support Group – A Facebook group for MSers, their families and carers. This is a 'closed' group, meaning that anyone can ask to join but only group members can see any information that is posted
- MS Recovery – A Facebook group which covers areas such as diet, exercise, meditation and relaxation, as well as medical issues
- muMS UK – A Facebook group looking into the possibility of setting up local meetings for members. Contact sarahkmay@hotmail.co.uk

Bradbury House
25 St Mary's Drive
Catcliffe
Rotherham S60 5TN
Tel: 01709 367784

THERAPIES TIMETABLE

Oxygen Therapy sessions are available on: Tues, Weds, Thurs and Fri, various times.

Physiotherapy sessions are available on:
alternate Tuesdays 10:00am – 1:00pm
alternate Fridays 10:00am – 1:45pm
Wednesdays 9:00am – 4:15pm

Osteopathy sessions are available on:
Tuesdays and Thursdays 9:30 am – 3:30pm

iMRS is available throughout the week.

Acupuncture available every Friday with practitioner Melvin Timm, various times.

Counselling with Jennifer South, appointments to suit.

(Please note: the above are by arrangement through the Centre).

Alternative Therapies (massage, reflexology etc.) are available on
Wednesdays and alternate Tuesdays by personal arrangement with the therapist Cath Willey (07947474622)

Foot Health is available on request and by personal arrangement with the practitioner Deborah Cooke (07706957606)

Hypnotherapy (relaxation) is available on request and by personal arrangement with practitioner Wendy Lowe (07855619567)

Meditation classes are monthly on Thursday mornings, with Phil Waterworth – contact the Centre