



**WESSEX
MULTIPLE
SCLEROSIS
THERAPY
CENTRE**

2019

IMPACT REPORT

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Registered Charity No. 800851 Registered Company No. 2315305

Our Therapy Centre thrived during 2019, with more members and more therapies provided than ever. Many members benefited from MS Buddy visits, giving them companionship in their homes. The 100 Club started, with many happy winners throughout the year. We enjoyed working closely with schools in Warminster, with wonderful support from volunteering pupils.

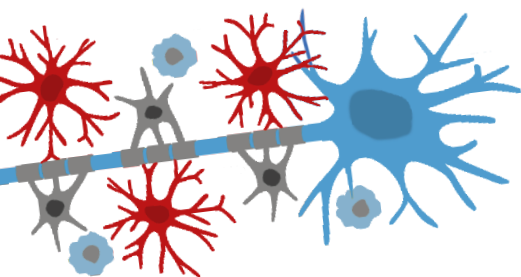
We are immensely grateful to all our staff, independent therapists and the many hard-working volunteers for making our Centre so happy and welcoming to members and carers. Keep up the good work!

Richard Southwell QC (Chairman) and Rosie Eliot (Director)

WESSEX MS THERAPY CENTRE IN 2019

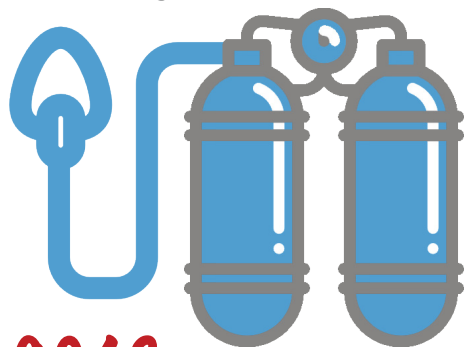
WE TREATED
DIFFERENT
MEDICAL
CONDITIONS

39



THE HIGHEST WAS MS (54%)
FOLLOWED BY CANCER (10%)
AND FIBROMYALGIA (8%)

WE DELIVERED
OVER 10,000
THERAPY SESSIONS
including...



6,048
OXYGEN THERAPIES



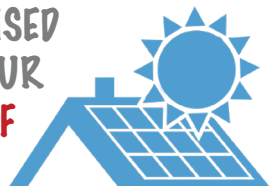
239 COUNSELLING SESSIONS

**439 REFLEXOLOGY
AND OVER 1,000
OTHER STRESS
RELIEVING SESSIONS
INCLUDING YOGA,
PILATES AND MASSAGE**



2,552 PHYSIOTHERAPY

**£2,405 RAISED
THROUGH OUR
SOLAR ROOF
PANELS**



**£65,198
RAISED FROM
COMMUNITY
SUPPORTERS**

**£34,154
INCOME FROM
OUR TWO LOCAL
CHARITY SHOPS**



**100
LUNCH
CLUBS**

**120
BUDDY
VISITS**



**60 VOLUNTEERS
GIVING 14,343 HOURS
PLUS
30 GIVING 1,300 HOURS
AT GLASTONBURY FESTIVAL**



THE DIFFERENCE WE MAKE

Giving people with MS a better quality of life

LONG TERM

Longer term use of limbs through self management

Better able to manage sleep, fatigue, digestion, joint pain, vision and clearer speech

Better management of good mental health

Physical and mental self management

MEDIUM TERM

Better control of limbs, dexterity and balance

Improved bladder/bowel control, balance and strength, manage fatigue, less joint pain

Learning to cope with thoughts and worries

Improved balance and core strength, calms mental health

SHORT TERM

Immediate physical relief

Improved sleep and less fatigue

Release from stress and anxiety

Physical relief and satisfaction



Physiotherapy



Oxygen Therapy



Counselling



Other Therapies

Fully accessible
purpose-built centre



Trained and qualified
professional therapists

Physical, social and emotional support for people with MS, their carers and families