



Newsletter – JANUARY 2024

Wishing everyone a very Happy New Year



Volunteers thank you!

With over 50 volunteers working for the MS Centre every week we want to say a huge thank you for the time you give to the Centre, the members and supporting the staff and therapists. We had a lovely Christmas meal at the West Wilts Golf Club at the end of December to show our thanks to the volunteers.

HAPPY JACK – The Ath, Warminster. Fri 19th and Sat 20th January 7.30pm

The fantastic Athenaeum Limelight Players are putting on a production of John Godber's HAPPY JACK, an observational heartwarming story of a relationship that survives and thrives. It is a story of love, life and positivity and has been called 'pure observational comedy gold'. They are holding a raffle and collection for the MS Centre.

Membership Renewal

We hope that you have all received the renewal details for your 2024 membership. There are paper forms on the reception desk if you want to complete a paper form next time you are in the centre. We ask all members to complete a renewal form and pay for their membership during the month of January.

Hellebores Open Garden – Sunday 10th March

We can confirm that we have been offered the open garden again this year on Mother's Day. This is a wonderful event held in the beautiful gardens of Kapunda, a stunning house on the outskirts of Bath. The afternoon will be full of glorious hellebores to view and some to buy and we will be running our ever so popular cake tent selling teas, coffees and a huge assortment of yummy cakes. Please do bring your mum along for a treat. Final details to follow.

Charity Shop Donations – All donations greatly received.

We had a very busy December in the shop, and we are looking a little bit depleted in the clothes sections. If you had a clear out over Christmas and you have any women's and men's clothes to donate to the shop, please do bring them into the Centre and we can take them to the shop.

Funding for members on Means Tested Benefits

We have been busy working with Wiltshire and Somerset Councils to bring in extra funding to support our members on means tested benefits. This applies to all members, whatever your condition, and the benefits that apply are Income Based Jobseekers Allowance, Income Related Employment and Support Allowance, Income Support, Pension Credit, Tax Credits, Housing Benefit, Council Tax Support, Social Fund and universal Credit (but not PIP). The grant is winter fuel related and the charity will be able to reimburse your travel costs and pay towards your winter fuel bill (either until 31st March or when all the funds have been allocated). Contact Rosie on rosie.eliot@wessexms.co.uk who will be able to complete the form and pay you directly.

International Women's Day lunch.

During the first week of March we want to host an International Women's Day lunch for all of our female members and their carers, friends and family. This was a regular calendar event until Covid struck, and we would like to resurrect this fabulous afternoon in 2024. We enjoy a sumptuous lunch in a local hotel, and we have a speaker who is usually a 'woman of substance' of one description or another. We are just firming up a date and speaker details and we will let you know when everything is finalised.

Occupational Therapist – OT's help find solutions to manage everyday life.

Have you ever wondered what equipment or home adaptations might help, such as seating, ramps, stairlifts, shower adaptations, stand aids, hoists, slings and slide sheet systems? Our new OT Adele can help you make good choices for your home and lifestyle. Email Rosie on rosie.eliot@wessexms.co.uk to make an appointment.

BACS payments for all donations.

Thank you so much to everyone who has changed to paying their donations via BACS – very much appreciated. We are asking all members to pay their donation for the therapies directly into the charity's bank account. The details are as follows:

Multiple Sclerosis Therapy Centre (Wessex) Limited

Account: 38602760 Sort: 30-90-89

Therapies and contact details.

Physiotherapy – if you have MS and you would like regular physiotherapy, please call Rosie on 01985 217728 and she can make a referral.

Oxygen Therapy – For all conditions - please call Sarah Williamson 01985 217728

Acupuncture - Call Lisa 07455 196 338 to make an appointment.

Reflexology and Massage Therapy- Stephanie is in on a Tues, Wed and Thurs 10am to 2pm. 07746 798684 – Stephanie now also offers Reiki and Myofascial Cupping.

Energy Therapy – Call Martin Davis on 01985 217728

Citizens Advice Bureau - Eriko James (Wiltshire only) telephone 07376 055865

Pilates – Friday at 11am or 12nn. Ask at reception for availability. Call Jane 0777 3553327

Counselling –If you would like some support from our counsellor. Call Lisa on 07805 623153

Ear Wax Removal - contact Jane Cave-Gibbs on 07740988292