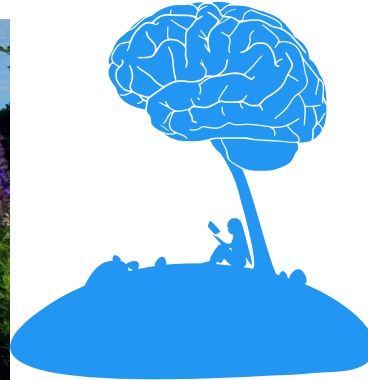


## Newsletter - September 2023



### **Wellness Week – Monday 2<sup>nd</sup> October to Friday 6<sup>th</sup> October**

Everyone is invited to join us, free of charge, for our exciting wellness week full of interesting talks and workshops and therapies. We are also inviting all staff, volunteers, and therapists to take advantage of trying out our therapies. Professor Ian Galea from Southampton University is coming along to talk about the incredibly exciting MS Octopus Trials on the Wednesday afternoon at 4pm. There are workshops on Art Therapy, Meditation, Relaxation, Laughter Therapy, a Willow Weaving Workshop, tai chi classes, PIP advice etc etc We have worked really hard to make this a useful and memorial week for everyone so please do have a good read of the attached table and sign up for something new. The Oxygen Therapy will run as usual throughout the week, but the rest of the therapies and use of the building is being taken over by the Wellness Week. We have a signing up sheet on the notice board behind the reception desk. Just ask the receptionist to add your name to whatever you want to do. Or email Sarah Folker to book. [welfare@wessexms.co.uk](mailto:welfare@wessexms.co.uk)

### **Visit to Highgrove Gardens – Tuesday 10<sup>th</sup> October 1pm – 4.30pm**

Our lovely volunteer Carrie Pakenham has managed to secure a private tour of the gardens for up to 20 of our members. The afternoon consists of the following:

13:00 - Lunch in the Garden Room

14:45 - 60 minute Autumn Walk. This will be after the last tour of the day so no rush

15:45 - Return to the Garden Room for any further refreshments.

16:30 - Departure

So it looks like lunch, (you will choose your own food and pay at the desk) a walk around the King and Queen's garden, followed by tea and cake ! We are asking for a donation of £10 for the trip and it is all fully wheelchair accessible. You will need to make your own way to the gardens in Tetbury and there are very strict guidelines about entering the ground due to the high security involved. Rosie has all the details. Due to the popularity of the trip and limited spaces we are permitting only one carer/companion per member.

### **Warminster School Cinema Night – Special thanks to Lisa Cook!**

We had a brilliant sunny evening, and the school raised a total of £1420.00 for the Centre! Thank you to everyone involved. Apparently, they all had the time of their lives...

## **Skydive Saturday 9<sup>th</sup> September.**

We have 12 very brave souls jumping out of an airplane to raise funds for our Centre! Apparently, it is a thrilling experience and you will want to do it all over again!!! Good luck to you all and we hope you enjoy the experience and thank you for raising so much money!

## **Westbury Swimarium – Starting date Friday 21<sup>st</sup> September 12 noon**

Sarah and Rick have kindly offered us a slot to use the pool on a Friday lunch time from 12 noon for a half an hour. If you are interested, please ask Rosie to pop your name on the list, we are asking for a donation of £2.50 per session (pay at our reception). The details are as follows: 30 Minute Session - Qualified Aqua Teacher - Uni-depth pool at 30 degrees Meadow Lane Westbury. BA13 3EG

## **Therapy Centre Teas, Coffees and lunches**

Can we please ask that you make a donation for the teas and coffees and biscuits etc. It's not much, £1 for a tea or coffee, £2 for a slice of cake and biscuits are free but we ask that you bring a packet of biscuits in with you when you can. Always grateful for your support.

## **Charity Shop Donations wanted.**

The more stock we have in the shop the more we sell!

## **Tombola prizes wanted.**

If you have any donations, unwanted gifts, bottles, toiletries, chocolates etc we would love to add to our collection. Thank you to everyone who has donated so far, we are already hugely grateful. The tombola basket is in the reception area.

## **Life & Mobility Solutions**

Did you know that our members can get 10% discount on all products at Life and Mobility Solutions. They do scooters, wheelchairs, bathroom accessories, beds, furniture and all sorts of useful items to help with day to day living. They have stores in Warminster, Frome, Shepton Mallet and Melksham .

## **100 Club Winners:**

Becky Fryer (£52.50) Gillian Whitehead (£26.25) Nina Jackson (£26.25). If you would like to join the 100 Club for just £24 per year ask at the reception desk for an entry form.

**Agra Curry Night – Tuesday 12<sup>th</sup> September – Sold Out!**

## **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 Davies on 01985 217728

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

**Pilates** – Friday morning at 11am. Ask at reception for availability. Call Jane 0777 3553327

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

**Touch Therapy** – call Zeb's (Sarah Zebedee) 07977 255151

**Beauty Therapy** - call Zeb's (Sarah Zebedee) 07977 255151

**Ear Wax Removal** - contact Jane Cave-Gibbs on 07740988292