

# BERKSHIRE MS THERAPY CENTRE NEWSLETTER

AUGUST 2025

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Welcome to the latest edition of the BMSTC Newsletter.

We are really pleased to be able to bring you a report from our Chairman, Neil Dawkins, on page 2.

You can find out about lots of interesting news on Pippa's Pages on pages 3-5, as well as reading about updates to our staff team on page 7.

Our Physiotherapy Manager Anwen has written a fascinating article about the importance of exercise for people with MS. Take a read on page 8.

Please see page 11 for information about the cost of keeping the Centre running and how you can help.

Very many thanks to all our fundraisers who have been busy supporting the Centre. See pages 14-19 for details, plus the latest events organised by our Fundraising Team. Christmas cards are on sale from 1 September so why not get organised and buy yours now! There are some lovely designs to choose from.

Thank you to one of our members who sent in a recommendation for a useful website, which you can read on page 6. Please continue to send me information for the 'BMSTC Family' pages and any other articles you think would be of interest to other members.

With best wishes

*Gill*

*Claire*

Gill Braid, Newsletter Editor, [gill@bmstc.org](mailto:gill@bmstc.org)

Claire Frew, Newsletter Editor, [claire@bmstc.org](mailto:claire@bmstc.org)

Deadline for contributions for next issue: 10 October 2025

## CHAIRMAN'S REPORT by Neil Dawkins

Hello and welcome everyone to the third BMSTC newsletter of 2025.

I would like to start my report with a reflection on the AGM in June, and more specifically my absence. I had been away for a few days the previous weekend and returned with a nasty cough so thought it best to stay away. I hear the occasion was a great success, with our guest speaker very well received by our members. Thanks to fellow Trustees Daniela and Imogen for stepping up and running the AGM. Next year we have grand plans for the AGM by extending it so we can invite current and potential donors and using the meeting to truly showcase and celebrate how the Centre benefits so many people.



As always, I'd like to thank all our hard-working volunteers. The time and effort you contribute is vital to the smooth operation of the Centre. Without you, our physios, fundraising team and therapists would become involved in things that are outside of their core duties. Thanks too to everyone who supported the recent Go Challenge, both physically and financially, and to the organisers for making it such fun.

On the Board of Trustees, both Sue Brown and Nick Webb tendered their resignations, and I would like to thank them for their contributions over the last two years. As you may recall from my AGM report read by Imogen, we have been looking for a lead Trustee for Fundraising for several years now. I have some wonderful news in that we have been incredibly lucky to fill the role with Lubna Arif-Schmidt who has over twenty years of experience with many charities as a fundraiser and fundraising mentor. Some of you may have met her at the AGM. She is a brilliant addition to the Board, bringing so much drive and enthusiasm. Lubna has started to add value and provide advice to Sam and the team, at a time when the environment for raising money is so competitive.

Pippa sent me an article from BBC Oxford recently about how the charity sector is struggling currently and the article perfectly mirrored what we are going through – more people need access to our services, contributions and donations are tougher due to the cost of living squeeze, and central costs are going up every year. Please bear this in mind so we don't get to the point where we need to make any tough decisions or revise the services we offer – if you have not changed your regular donation for a while and can afford to increase it, please do so, so BMSTC can still be here for you and I can continue to write these articles every quarter! Sam has written a good piece on page 11 which shows the cost of some of the services we provide.

My email address is [neil@bmstc.org](mailto:neil@bmstc.org) if anyone wants to contact me about anything. I'd love to hear from you, good or bad! Or feel free to contact any of the other Trustees.

Neil Dawkins, Chair of Trustees

## PIPPA'S PAGES

### BANK HOLIDAYS

The Centre will be closed on the following bank holidays:

- August Bank Holiday: Monday 25 August
- The Centre will close for Christmas on Tuesday 23 December and will reopen on Friday 2 January



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### CHANGES TO URGENT CARE CENTRE IN READING

The walk-in Urgent Care Centre in Broad Street Mall has now closed. The new Urgent Care Centre is open in the Royal Berkshire Hospital instead. However, please note that this is not a walk-in and patients should phone 111 or use [111.nhs.uk](https://111.nhs.uk) to get advice from medical professionals as to whether they should attend.



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### GET YOUR ACCESS TO FACILITIES CARD

The Access Card is a photo ID card that can be used to easily communicate your access requirements to events and venues. These might include issues with queuing, level access, toilet needs, visual and hearing impairments and more.



The card also works online with other platforms, like ticketing systems, to unlock the access facilities you need.

The Access Card shows a photo ID and translates your disability into symbols, effectively highlighting the barriers you face and the reasonable adjustments you might need. It also eliminates the need for repeated explanations at different venues.

The Access Card app also provides you with a personalised directory of venues, with accessibility information to help you plan your trips.

The Access Card costs £15 for three years.

You can get yours online at <https://www.accesscard.online/>

## PIPPA'S PAGES CONT'D.

### A USEFUL WEBSITE FOR CARERS

There is new support available for people who are caring for a family member or friend with a long term condition such as MS.



[www.mobiliseonline.co.uk](http://www.mobiliseonline.co.uk) is a useful website which includes free information and advice on all aspects of caring, including finances, benefits, practical help, discount schemes, mental health support for carers and more. They also arrange online support groups ('Cuppas') with other carers and there is a regular blog dealing with topics of interest to carers.

Visit [www.mobiliseonline.co.uk](http://www.mobiliseonline.co.uk) to find out more.

### REMAP – CUSTOM MADE EQUIPMENT AND GADGETS

Is there something you need? Remap may be able to help!

[Remap Berkshire](#) are part of a national charity who provide custom-made equipment and gadgets for people with a disability or special need. They specialise in providing bespoke items which are not normally readily available. These could include ramps, wheelchair adjustments, kitchen gadgets, games, bathroom adaptations and many more.



They have a team of over 25 voluntary engineers with many different skills and specialisms and they carry out around 260 jobs in Berkshire and surrounding areas each year. They love finding solutions for people to make their lives easier so if there is anything you need, why not get in touch with them?

The service is completely free! It's also very simple – there are no forms to fill in. All you have to do is call Remap on 07790 127123 or email [berks.caseofficer@remapgroups.org.uk](mailto:berks.caseofficer@remapgroups.org.uk) and they will arrange for someone to come and visit you and talk through your requirements.

You can also visit <https://remap.org.uk/branches/berkshire/> to find out more.

## PIPPA'S PAGES CONT'D.



### UPDATE TO OUR IT SYSTEMS

We have now started using our new Beacon database and you may have noticed some changes to the ways we communicate with you.

Emails are still being sent out encouraging you to visit Pip's Blog but they look slightly different and there is a possibility that they might end up in your junk folder.

If this happens, please move the emails into your inbox and add to your 'safe sender list'. On some apps you can mark an email as 'Not Junk'.

If you have any queries, please speak to Claire or Sam or email [ms@bmstc.org](mailto:ms@bmstc.org).

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### HELP FROM THAMES WATER

If you are struggling financially and need help with your water bill, Thames Water has a number of social tariffs which might be beneficial. You can fill out an online assessment and, following this, Thames Water will recommend either financial or debt support. There are a range of financial support schemes available and you may also be able to set up an affordable payment plan.



To find out more about the support available, please visit <https://www.thameswater.co.uk/help/account-and-billing/financial-support>

People with a disability or a long term health condition can also sign up for the Priority Services Register. This means you will get extra support, particularly in an emergency. You can sign up for the Register at <https://www.thameswater.co.uk/help/get-extra-help/priority-services>

Thank you to one of our members who sent us this information. If you would rather talk to someone about your water bills instead of filling out the form online, please contact [ms@bmstc.org](mailto:ms@bmstc.org) and we can pass on contact details for someone at Thames Water who has offered to speak to our members.

At the time of going to print, there is currently a hosepipe ban in the following Thames Water postcodes – OX, GL, SN, RG4, RG8 and RG9.

People who are registered disabled or who are on the Priority Services Register are exempt from the hosepipe ban and the exemption often applies to Blue Badge holders.

**Find links to the information above at; [www.bmstc.org/hosepipe-bans-in-the-area/](http://www.bmstc.org/hosepipe-bans-in-the-area/)**

## LOOKING BACK AT OUR AGM

We would like to say a big “thank you” to everyone who came along to our AGM in June. We hope you enjoyed celebrating our achievements over the past year and hearing about our future plans.

We are also very grateful to Dr Claire Winchester from the [MS Trust](#) for giving such an interesting and useful talk at the AGM. We’ve had lots of great comments from attendees who found the talk very informative.



Claire Winchester from MS Trust speaking at the AGM

If you have any feedback on the event, do feel free to come and talk to Claire in the office or email [claire@bmstc.org](mailto:claire@bmstc.org) if you have anything to share. It will help us plan next year’s event and make it even bigger and better!

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## MEMBER RECOMMENDATION BY VAL LANGRISH

“I was doing an Internet search for our holiday accommodation, and this website came up in the search results. It’s a specialist listings site for accommodation with a ceiling track hoist. We have stayed in some of the places it lists and they are kosher, so I thought it might be of interest to members struggling to find places to stay.”

<https://www.chuc.org.uk/index.php>

Thank you for sharing this useful information Val

If you would like to share anything in the next newsletter, please email [gill@bmstc.org](mailto:gill@bmstc.org) or [claire@bmstc.org](mailto:claire@bmstc.org). We’d love to hear from you.

## STAFF UPDATE

# GOODBYE

### GOODBYE TO TAMZIN

In early August, we said goodbye to our Events and Community Fundraiser Tamzin, who left the Centre after two years to start an exciting new business venture with her son.

Tamzin did an extraordinary job in the two years she was here, managing a wide range of fundraising events and ensuring supporters such as those who take on the London Marathon receive the help, advice, and thanks they deserve.

We were very sad to see her go as she was such a key part of our fundraising team and she will be greatly missed.



Tamzin said, “I have really enjoyed my time at BMSTC and have loved working on all the events I have arranged over the last two years. What really stood out to me when I first came for my interview was how friendly the Centre was and what a fantastic community feel it had. That hasn’t changed and is one of the many things I will miss”.

Thank you, again, Tamzin for all your hard work, please keep in touch and the very best of luck with your exciting future plans.

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## FEELING CRAFTY?

Would you be interested in joining afternoon craft sessions at BMSTC? We are thinking of setting some up on a Thursday afternoon from 1.30pm – 4.30pm in the Zoom room, subject to levels of interest.



There would be a cost of around £10-15 to secure your space, payable in advance to ensure we get the minimum number of attendees to make it viable. Please note this would be non-refundable as we need to cover the cost of the tutor. In addition, for some workshops there might be a modest sum payable to the tutor on the day to cover the cost of materials (this will be made clear before you book.)

To gauge the level of interest please complete our interest form online. Once we know how many people are interested, we can make a decision as to whether this is a viable activity. Please speak to member/Trustee Ros Hatt or email [ros@bmstc.org](mailto:ros@bmstc.org) if you have any queries.

**You can find the form at; [www.bmstc.org/craftworkshops](http://www.bmstc.org/craftworkshops)**

## THE IMPORTANCE OF EXERCISE AND MS BY ANWEN HALL, PHYSIOTHERAPY MANAGER

In May I attended a very interesting evening lecture which looked at the importance of exercise and MS. It was presented by an Australian physiotherapist who founded and leads the “MS Get a Head Start” programme.

There has been lots of research carried out over the last 30 years, which details the positive benefits of exercise for people with MS. This includes its effect on disease progression and brain volume, along with symptom improvement including improving balance, fatigue, cognitive function and reduction in falls to list a few.

Evidence suggests that exercise can reduce relapse rates by approximately 27% for people with Relapsing Remitting MS but that there are positive effects seen across all levels of disability and types of MS.

However, there is a large body of evidence that suggests there are high levels of inactivity in people with MS.



A study published in 2020 details the recommended amount and type of exercise for people with MS across the Expanded Disability Status Scale (EDSS). I was personally surprised how much exercise is recommended including aerobic, advanced aerobic, high intensity interval, strength, flexibility and neuromotor – posters detailing these will be up in the gym soon!

We know there can often be barriers to exercising including knowing what to do, having the right equipment and support for example and many additional factors to consider including heat sensitivity and fatigue.

As a physiotherapy team we are going to spend a little bit of time thinking of ways that we can help our members to overcome some of these barriers and incorporate more exercise into their daily routine. If you're interested in knowing more, please get in touch with your physiotherapist or email [anwen@bmstc.org](mailto:anwen@bmstc.org).

## BLADDER AND BOWEL CLINIC

Thank you to everyone who came along to our Bladder and Bowel information event at the Centre on 13 May. We hope you found the session useful. The feedback was certainly positive.

We are grateful to Matty, Kay and Nurse Ritz from [Coloplast](#) for coming along and talking to our members about these potentially sensitive issues and showing them various products.

If you missed the session and need any advice on bladder and bowel symptoms and treatments, please speak to your MS nurse.



Nurse Ritz demonstrates useful products

## ANOTHER SUCCESSFUL CARERS MANUAL HANDLING TRAINING SESSION

In June, we were very pleased to welcome Occupational Therapist, Michelle Morley, back to the Centre to offer another free session on Manual Handling for Carers.

The session explored moving and handling techniques and efficient postures to look after yourself and prevent injuries associated with caring duties. Michelle also demonstrated the use of various pieces of equipment.

Thank you to everyone who came along. Feedback from attendees was very positive;



Michelle Morley leading a very useful session

“It was a very informative and enjoyable session.  
Thank you very much, Michelle, for taking the time and running the session.”

“Loads of useful information to digest.”

A big thank you to Michelle (from [www.gravitastrainingcentre.care](http://www.gravitastrainingcentre.care)) for running this brilliant session for us again. If you have any queries about manual handling please speak to a member of our physiotherapy team.

## UPDATE ON MS AWARENESS WEEK

We had a great week a couple of months ago as we marked MS Awareness Week with various activities.

We were out and about with the MS nurses at the Royal Berkshire Hospital and we also had stalls at the Oracle and John Lewis in Reading, where we handed out information and also invited people to find out about MS symptoms.

Our volunteers collected at Reading Station and we had a free advert on the huge electronic screen outside the station all week.

We shared stories from our members about important conversations they'd had about their MS and our Centre featured in a fantastic article in WokinghamToday.

The aim of all of this was to raise awareness of MS, of the support we can offer here at the Centre and also of our need for fundraising support.

“Thank you” to everyone who was involved in any way, everyone who volunteered and everyone who shared their story. Also, “thank you” to Maxx Media, the Oracle and John Lewis for their support.



Candice at our MSAW Reading Station collection



Volunteer and member Graeme with Jackie at Royal Berkshire Hospital

## DID YOU KNOW?

### It costs £14,354 a week to keep the Centre running

The therapies we offer are specially designed for people with MS and they make a real difference. However this kind of expert care is expensive and we don't get any funding from the NHS so everything we provide is made possible by donations and fundraising.

Thank you to everyone who donates to the running of the Centre, whether this is at the front desk or regular donations straight from your bank account. They keep the doors open.

Our core services of physiotherapy and exercise, oxygen therapy, counselling, yoga, relaxation and footcare are offered on a donation basis. Our complementary therapies are highly subsidised by the Centre and therapists.

**We need your help to raise £14,354 a week to keep our services running.**

Costs are rising. Demand is growing. Fundraising is getting much harder.

We are facing a financial shortfall at the end of the year and if we don't raise enough money, we will need to make difficult decisions about what services we can continue to provide.

**If you are in a position to increase your donation to the Centre, this will make a really big difference. If everyone who uses the Centre could donate £10 a month more, that would generate an additional £43,000 a year.**

#### How much treatments cost the Centre

£70

One to one physiotherapy session or assessment

£19

Group physiotherapy classes

£63

Counselling session

£55

Footcare appointment

£12

Yoga or relaxation session

## NIKKI'S PAGES

### Volunteers Week

At the beginning of June we celebrated Volunteers Week.

All of our sixty wonderful volunteers were given a card that I created and that was hand signed by all the staff to thank them for their hard work and support of the Centre. We also featured some different volunteers during the week on our social media pages. Thank you to Gregg, Joy, Gill, Graham, Malcolm and Roger for answering my questions about why they choose to volunteer at the Centre and what they get out of it and would they recommend it to others. Can I just take this opportunity to say THANK YOU again to all our wonderful volunteers, you help to make the Centre the fantastic place that it is! 😊



### Newly Diagnosed Day

In June myself, Jackie, Lara and Candice attended a Newly Diagnosed Day organised by the MS Nurses and the Reading and District MS Society group at the Green Park Conference Centre. This was a great opportunity to meet people who have been diagnosed with MS in the last year. Myself and Candice (member and volunteer) did a presentation together to around seventy people. I explained what support and therapies the Centre can offer to people with MS. Candice was speaking of her experiences of using the Centre, what she has gained from being a part of the community and the friendships she has made. Lara our massage therapist also gave up her time to volunteer to give free hand and head massages which were warmly received!

Thank you to the MS Society Reading and District Branch and the MS Nurses for having us. I have followed up with all the newly diagnosed people who came to see us on our stall to invite them in for a tour of the Centre so, hopefully, they will come for a visit soon! Five of those attending were familiar faces who already attend the Centre so it's wonderful that they had already been signposted to us.



Candice, Lara, Jackie and Nikki

## NIKKI'S PAGES CONT.

In June I had a stall at the Reading Voluntary Action's Volunteer Fair which was held on a Saturday in the Biscuit Factory. Jackie came and helped me on the day and it was lovely for us to meet so many people from the local community who were interested in volunteering and finding out more about the Centre. It was a very busy day. I will also be attending a volunteer fair in Wokingham in October.



Nikki and Jackie at the Volunteer Fair

If you know of anyone who would like to come for a tour, become a member, or to volunteer at the Centre, please give them my contact details and I will be happy to get in touch with them.

NIKKI

[nikki@bmstc.org](mailto:nikki@bmstc.org)

0118 901 6000

## OUR MEMBER JO PUBLISHES A BOOK

Congratulations to Centre member and artist Jo Wyles, who has written and illustrated a lovely children's storybook called 'Mummy! There's a Monster Under My Bed'. This book was made using paper collages, hand drawn monsters and poetry and is lovely to look at.

You can buy it on Amazon for £10.99 or you can buy direct from Jo for £10 and she'll even sign your copy too!

You can email Jo at [jerwyles@gmail.com](mailto:jerwyles@gmail.com)



# THANK YOU... FUNDRAISING



We'd like to say a huge "thank you" to our supporter Sadie, who has raised a fantastic £1,278 for the Centre by completing a 23 mile walk round Rutland Waters in 8.5 hours - what an amazing achievement. Sadie's brother, Dominic, attends the Centre and was able to join Sadie for part of the walk too.



Sadie, Dominic and friends



Elsa

Huge congratulations and "well done" to our member and supporter Elsa, who completed a very hot Wargrave 10K in June and has raised £725 for the Centre. Elsa has completed many fundraising challenges for us, including a parachute jump and many different races, what an inspiration.

Last year Centre member Mary King set herself the considerable challenge of climbing the O2 in her wheelchair to raise funds for the Centre. Sadly, the attempt was cancelled last minute twice due to weather conditions but in July Mary finally got to complete her amazing challenge! Mary has raised a wonderful £2,280 for the Centre. Well done, Mary, on your perseverance!



Mary at the top of the O2

Got a fundraising idea? Come and see the fundraising team in the office, email [rebecca@bmstc.org](mailto:rebecca@bmstc.org) or call us on 0118 901 6000.

# THANKYOU



# FUNDRAISING



## GO CHALLENGE COMPLETE

A huge well done to the over 100 members of our Go Challenge 2025 team – the challenge ran for three weeks in June and July and we're thrilled to say that they smashed their 3,000km target! Well done everyone, what a fantastic effort, especially as we were in the middle of a heatwave! We loved seeing the musicals-themed costumes.

The team has also raised £5,382 for the Centre.



## A LOVELY AFTERNOON TEA

We had a great time at our Alice in Wonderland Afternoon Tea at Sindlesham Court in May. The event raised a wonderful £2,520 in profit, which will help us continue supporting our members and their families.

A huge "thank you" to everyone who supported the event and to [Redland Mobility](#) for their sponsorship.



## A FULL HOUSE FOR BINGO

We would like to say a big "thank you" to everyone who came along and supported our Bingo Night at the Centre in July.

Our thanks go to Angela at Tesco Portman Road for supporting the event by donating a lovely hamper.

We're thrilled to say that the event raised a wonderful £400 for the Centre. Thank you again for all your support.

Thank you also to everyone who took part in our Women's Euros Sweepstake in the Centre, which raised over £200!



# FUNDRAISING

## COULD YOUR COMPANY HELP THE CENTRE?

We are excited to have recently partnered with a company called Elis. Elis produces workwear such as medical gowns and provides a commercial laundry cleaning sheets and towels for hospitals and hotels. Their head office in Basingstoke has selected us as their charity of the year until April 2026. They kickstarted their fundraising with an office bake sale and raised a fantastic £249. It is great to start working with them.



Rebecca at the Elis bake sale

Support from businesses is an important aspect of our fundraising and it is thanks to one of our members who works at Elis that the company came to know about us. We are incredibly grateful and would like to thank our member for flying the BMSTC flag.

If you are in work, or have family who are working and think your/their company might be able to partner with us in some way, do get in touch with Rebecca Dunn, Fundraising Manager. You can email [rebecca@bmstc.org](mailto:rebecca@bmstc.org), or you find her in the Centre Tuesday – Friday; just knock on the office door, or ask a receptionist.

## THANK YOU HARRISON'S SOLICITORS



We would like to say a sincere "thank you" to Ashley and Carol Harrison for their unwavering support of the Centre. Their support has taken many forms over the years. We have received many donations from Ashley's company, Harrison's Solicitors, and the business has also sponsored events such as our charity ball and afternoon tea.

Carol offers up her time volunteering as a receptionist on Thursday afternoons. She can always be found with a smile on her face, offering drinks and biscuits, managing enquiries and helping in any way possible. Her warm, chatty persona helps to create that community feel that we strive for.

Ashley also volunteers his time as a member of our trustee board. Trustees are often unsung heroes, bringing skills and knowledge to the table. So, we would like to say a huge "thank you" for everything they do, especially when we know they have the demands of work and family to contend with already. Thank you so much Ashley and Carol!

# FUNDRAISING

## CHRISTMAS CARDS

It may only be coming up to the end of the summer holidays but Christmas will be here before we know it! Get organised and buy your cards now. We have a beautiful selection of designs and every pack you buy will support local people with MS.

Cards costs just £4 for a pack of ten and, in September, we have a special offer of three packs for £10. Last year, the most popular design sold out quickly so don't miss out on your favourite!

To order, fill out the attached order form if you have a paper copy newsletter, visit [www.bmstc.org/christmascards](http://www.bmstc.org/christmascards) to order online or buy in person at the Centre from 1 September.

The greeting inside each card reads 'With Best Wishes for Christmas and the New Year'.

### SPECIAL OFFER – 3 packs for £10 in September



Christmas Post  
Fun



Christmas  
Pudding



Christmas Tree



Christmas Wishes



Donkey and  
Snowman



Nativity



Robin



Santa and  
Reindeer



Angel



Christmas Eve  
Skating

# FUNDRAISING



## SIGN UP FOR THE TWILIGHT RUNWAY CHALLENGE

If you've been inspired by our Go Challenge team and the amounts of money raised for the Centre, there is another challenge coming up in September which is open to everyone and we'd love you to get involved.

We are excited to be a charity partner again for this year's Twilight Runway Challenge on 20 September. This is an accessible event, suitable for the whole family where you can get active whilst helping to raise money for our charity. Participants can use a wheelchair, run, walk, cycle, push a buggy, scoot or skateboard along 3km, 5km or 10km of the airstrip of Blackbushe Airport, after the planes have stopped landing!

It costs £23 per adult to enter the Challenge (special rates apply for children and families) and then we can support you to raise sponsorship money for the Centre. It will be a great fun evening raising vital funds for the Centre. Please sign up and spread the word to family, friends and colleagues as this challenge is open to everyone.



**Find out more and enter now at [www.bmstc.org/twilightrunway](http://www.bmstc.org/twilightrunway)**

## JOIN OUR COLLECTIONS TEAM!

Thank you to everyone who has collected for us recently. We raised the following fantastic amounts;

- The Meadows, Saturday 14 June £1209
- Reading Station, Friday 4 July £1448.99
- Great British Food Festival £507.96
- Windsor Races, 4 August £1007

It's a lot of fun being a collector and a great way to support the Centre. Our next collections are;

- Reading Station, Friday 19 September
- Reading Station, Friday 10 October

**If you can help, please contact Jackie at [jackie@bmstc.org](mailto:jackie@bmstc.org).**



Collectors Rovshan and Petra

# FUNDRAISING

## EMILY RUNS FOR THE CENTRE

“Hello everyone! Some of you might recognise me, my name is Emily Wakeford and I’m currently a 3rd-year physiotherapy student at Oxford Brookes University. I had the pleasure of doing my first placement at BMSTC when I was a second year student around March time. Thank you, not only to the incredible team who welcomed me so warmly, but also to all of you wonderful members. You made my first experience in real life practice so much less intimidating, and I truly learned so much from you all.

To give something back, I’ve signed up to run the Oxford Half Marathon this October, and I’m fundraising in support of the Centre. I’m not the best long-distance runner, so I’ll definitely need lots of luck – and probably a fair bit of sugar too – but I couldn’t think of a more deserving cause to run for. This charity means a lot to me and their work is life-changing, I’d be incredibly grateful for any support you can give, whether that’s a donation, a share, or a few kind words along the way. Thank you so much for reading and for being part of my journey. “

Thank you so much for your support Emily! Have a great run.

**You can sponsor Emily at; <https://www.justgiving.com/page/emilywakeford>**



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## LOOK OUT FOR OUR CHRISTMAS HAMPER RAFFLE!

Following on from the success of last year’s Christmas Hamper Raffle, we’re pleased to announce that we will be repeating the raffle this year with another selection of fabulous hampers up for grabs.

Look out for information about items which you can donate to the hampers coming soon. We expect tickets to be on sale early October.

We’re already on the lookout for empty hamper baskets so if you have any to donate, please bring them in to the Centre next time you’re in. Thank you for your support.



## A FANTASTIC PHOTO SHOOT AT THE CENTRE!

In May, we welcomed photographer Penny Bird back to the Centre to take some more lovely pictures of our members, volunteers, staff and Centre facilities. We'll be using these photos on our website, social media and promotional materials to help promote the Centre to more potential members and to help with our fundraising.

Thank you to everyone who had their photo taken and big thank you to Penny for putting everyone at ease and taking such great shots. Penny will be returning to the Centre in mid September to take a few more pictures. Here are just some of the brilliant photos she's taken for us so far.



## MEETING DIARY FOR MS GROUPS

These activities are not organised by BMSTC.  
Please contact them directly for more information.

### MS NURSE

If you see an MS Nurse from the Royal Berkshire NHS Trust you can have your appointment at the Berkshire MS Therapy Centre. Please book your appointment directly with the nurses on 0118 322 5369. They are at the Centre on the third Monday of each month.



Please note, it is not possible for the MS Nurse to see members who are not eligible to be seen by consultants within the Royal Berkshire NHS Trust.

If you are unable to keep your appointment with the Nurse at the Centre please call her on the number above or contact the Centre on 0118 901 6000 on the day.

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### THE MS CARERS SUPPORT GROUP



The MS Carers Group meets for lunch at various pubs and restaurants at 12.30pm on the second Thursday of each month. It is funded by Reading, Wokingham and Districts MS Society Branch.

New members are always welcome. If you would like to join please email Marianne on [mcross@ntlworld.com](mailto:mcross@ntlworld.com)

## MEETING DIARY FOR MS GROUPS CONT'D.

### READING WOKINGHAM AND DISTRICT MSQUARED

MSquared is part of the MS Society and is a social group for people diagnosed with MS, their family members and friends.

The meetings are arranged at the request of the attendees and there are regular social events. For more information email: [\\_msquaredrwd@gmail.com](mailto:_msquaredrwd@gmail.com)



### READING, WOKINGHAM AND DISTRICTS MS SOCIETY DROP-IN

Earley Crescent Resource Centre, Warbler Drive, Lower Earley, Reading RG6 4HB on Wednesdays 10am-1.30pm.

Call Vanessa on 07492 786695 or Judy on 07812 676762 or visit [www.msreading.org.uk](http://www.msreading.org.uk) for more information.



### EAST BERKSHIRE MS SOCIETY

Activities include Pilates on the first Friday of the month in Crowthorne, Thursday coffee club in Maidenhead and coffee morning on the third Friday of the month in Windsor.

For full details of all events, see <https://www.mssociety.org.uk/support-and-community/local-support/local-groups/east-berkshire-group>

Email [eastberkshire@mssociety.org.uk](mailto:eastberkshire@mssociety.org.uk) or call 07395 465993



### THE HENLEY MS SUPPORT GROUP

The Henley MS Support Group meets socially for lunch on the third Wednesday of every month. If you would like to go along, please contact organiser, Maddie, directly by email: [maddie@starames.co.uk](mailto:maddie@starames.co.uk)

# THERAPIES AT THE BERKSHIRE MS THERAPY CENTRE



## Physiotherapy sessions and exercise classes

We run a variety of 1:1 sessions and classes as well as APS, FES, re-assessments and new assessments. Yoga is available online.

Please contact the physiotherapy team on 0118 901 6000 to find out more.

## Oxygen Treatment

Monday-Saturday

To arrange a session or seek more information, please contact the Centre on 0118 901 6000

## Counselling

Counselling is available online, by telephone and face-to-face. Call the Centre on 0118 901 6000.

## Footcare

Available every Thursday.

Call the Centre on 0118 901 6000 to book.



## Complementary Therapies

The following therapies are available at the Centre:

Spinal Reflexology (£18)

Acupuncture/acupressure (£18)

Reiki (£18)

Massage (From £30)

Appointments can be made by telephoning the BMSTC reception on 0118 901 6000. With your permission, your contact details will then be given to the therapist you request who will then make appointments directly with you. Please note that you will pay your therapist directly for these treatments.





## EVENTS COMING SOON AND USEFUL DATES

- **20 September 2025**

### **Twilight Runway Challenge (see page 18)**

Visit [www.bmstc.org/twilightrunway](http://www.bmstc.org/twilightrunway)

- **24 December 2025 to 1 January 2026 incl.**

### **Centre closed for Christmas holidays**

- **22 March 2025**

### **Reading Half Marathon 2026**

Find out more at

[www.bmstc.org/readinghalf](http://www.bmstc.org/readinghalf)

Centre closed for Bank  
Holiday on:

25 August



## NEXT TIME...

Our next newsletter is due in November and we want to hear from you! Have you got any advice to share? Have a celebration you want us to join in or anything else you want us to tell our members?

Please email [gill@bmstc.org](mailto:gill@bmstc.org) or [claire@bmstc.org](mailto:claire@bmstc.org) or call Claire on 0118 901 6000 (usual working days Mondays to Wednesdays).

Deadline is 10 October 2025 and we look forward to hearing from you!

For details of any of our forthcoming events, please go to [www.bmstc.org/events](http://www.bmstc.org/events), email [ms@bmstc.org](mailto:ms@bmstc.org) or call 0118 901 6000.

## Berkshire MS Therapy Centre

Bradbury House, 23a August End, Brock Gardens,  
Reading RG30 2JP

Email: [ms@bmstc.org](mailto:ms@bmstc.org) Website: [www.bmstc.org](http://www.bmstc.org)

0118 901 6000 (please leave a message if we are not there)



Charity no: 800419