



BERKSHIRE MS THERAPY CENTRE NEWSLETTER



NOVEMBER 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. There's an important update from our fundraising team on page 3 and we really hope to see you at our Christmas party - full details on page 4.

You can find out about lots of interesting news on Pippa's Pages on pages 5-8, as well as reading about updates to our staff and volunteer team on page 10.

We're thrilled to have received the King's Award for Voluntary Service recently - you can find out more about what this honour means for the Centre on page 13.

Find out the results of our physiotherapy survey alongside details of our online classes on pages 14-15.

Very many thanks to all our fundraisers who have been busy supporting the Centre. See pages 16-18 for more details, plus the latest events organised by our Fundraising Team. Don't forget to enter our Christmas Raffle!

As this is our last edition of the year, we would like to take this opportunity to wish you all a very merry Christmas and a happy new year!

With best wishes

Gill

Claire

Gill Braid, Newsletter Editor, gill@bmstc.org
Claire Frew, Newsletter Editor, claire@bmstc.org

Deadline for contributions for next issue: 10 January 2026

CHAIRMAN'S REPORT by Neil Dawkins



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

I hope you're all keeping well and continuing to benefit from the many services the Centre continues to offer.

It's been a very challenging few months at the Centre, as we try to address the imbalance between our expenditure and our income.

The Trustees have been very busy with ideas and proposals so we can continue seamlessly providing the support you have always enjoyed.

You will no doubt have seen the request from me to increase donations if you can. If you have been able to make an adjustment already then thanks– if not please consider this. Someone in the office can help with the admin if needed.

Hopefully you will also have seen the information being widely circulated about the fully loaded cost of providing individual treatments – this is the cost of staff, maintaining and cleaning equipment and Centre running costs.

Our fundraising team has written an excellent piece on page 3. This provides ideas of how you can help so we can all work together to get through this testing phase.

We're thrilled to announce that the Berkshire MS Therapy Centre has been awarded the King's Award for Voluntary Service. This is a fantastic achievement and a huge honour for our charity. Read more on page 13.

Lastly, I would like to wish you all a wonderful Christmas, and hope to see you at the Christmas party on 3 December (see page 4 for details). I can't believe it's time to dig out my Christmas jumper again!

My email address is neil@bmstc.org if anyone wants to contact me about anything. Or feel free to contact any of the other Trustees.

Neil Dawkins, Chair of Trustees

UPDATE FROM YOUR FUNDRAISING TEAM

A heartfelt thank you to everyone who responded to the recent message from our Chairman, Neil. You can read Neil's full letter online here: www.bmstc.org/neildawkins-message25/

Like many charities, we are finding fundraising increasingly challenging at the moment. Although we are a charity, we still face costs like any other organisation. We receive no NHS funding, and each year we must raise £700,000 to continue providing our vital services.

Donations are a key part of how we do this, and we want to sincerely thank everyone who donates regularly – and to those who have reviewed or increased their donations in recent weeks. Your generosity makes a real difference. We are committed to being here for as long as we are needed, but to do that, we need your help.

Ways you can help

Donate – If you are able to make a donation – or review your regular gift – we would be extremely grateful. Our core therapies will continue to be provided whether or not you can donate, but every contribution helps sustain our work. We have an exciting chance to double one-off donations through the Big Give campaign – see page 17.



Fundraise – Could you, a friend, or a family member take part in a fundraising event? Whether it's a sponsored walk, a bake sale, or a personal challenge, make 2026 the year you do something great in support of our Centre.

Join our Collection Team – We're always looking for friendly faces to join our collection team. If you can spare a little time to help raise funds in your local community, please get in touch – every hour makes a difference. Email jackie@bmstc.org to volunteer.

Get your company or group involved – We're always keen to partner with local businesses, organisations and community groups. Workplace fundraising, charity of the year partnerships or group challenges all make a big impact. Is there an organisation you can introduce us to?

Meet the Fundraisers

We've been so pleased to meet many of you at our recent Meet the Fundraisers sessions. It's been wonderful to talk with you and hear your ideas. If you haven't yet had a chance to come along, we'd love to see you. Here are the next dates, just drop in to the social area;



- Friday 21 November, 11.30am to 12.30pm with Rebecca and Sam
- Monday 8 December, 12.30 to 1.30pm with Jackie and Claire
- Wednesday 21 January, 12.30pm to 1.30pm with Rebecca and Jackie



All are welcome at our

BMSTC

CHRISTMAS PARTY

- **Wednesday 3 December**
- **1.30pm–3.30pm**
- **Berkshire MS Therapy Centre**



Christmas jumper competition
Festive drinks and nibbles
Christmas music and laughter!



Please RSVP at reception or online
at: www.bmstc.org/partysvp25



PIPPA'S PAGES

CHRISTMAS DATES

- The Centre will be closed for Christmas from 24 December to 1 January inclusive
- There will be no physiotherapy on Monday 22 and Tuesday 23 December
- Volunteer-led oxygen sessions will take place on Saturday 27 December at 10am and 12noon and on Tuesday 30 December at 3/3.30pm (tbc) and 6pm. Look out for further details on the blog or email ms@bmstc.org for further details.



ASKSARA – ONLINE SELF HELP SERVICE

Some of our local councils have licenced a free online self help service called AskSARA. The site is full of practical solutions to help you stay independent in your own home and has advice for older people and those living with a disability.



AskSARA is a free service and there's no sign-up required so it is completely anonymous. It can help to give you:

- ideas and tips about ways to make your life easier
- details of where to find products and technologies that might help you and your health
- links to local charities and community services for extra support

The service is currently licenced by councils in Reading, Wokingham, Slough and Windsor and Maidenhead. Full links are available at; <https://bmstc.org/news/asksara-online-self-help-service/>

GIVE YOUR VIEWS ON THE NHS APP

Local organisation Healthwatch Reading is gathering feedback on the NHS app to understand what works, what doesn't and how they can make it better for everyone. Your views and experiences (good and bad) will help shape recommendations to improve digital healthcare access and support locally.



Please click here to fill out their short, anonymous survey;
<https://www.healthwatchreading.co.uk/post/have-you-used-the-nhs-app-tell-us-what-you-think>

If you have any queries, you can contact Healthwatch Reading at info@healthwatchreading.co.uk

PIPPA'S PAGES CONT'D.

COVID 19 AUTUMN BOOSTER VACCINE



Some people across the UK can get a free COVID-19 vaccine booster this autumn. The vaccine is available to the following groups;

- adults aged 75 years and over
- residents in a care home for older adults
- people who are 'immunosuppressed', which can include people who take certain DMTs (Disease Modifying Therapies) for MS. Your MS team can tell you more.

You can book in the NHS app, by calling 119 or [on the NHS website](#). If you have any concerns or questions about whether you are eligible/suitable for the vaccine, please speak to your GP or MS team for advice.

As a reminder, if you have COVID symptoms, test positive for COVID or generally feel unwell, please don't attend the Centre. This will help to avoid potentially passing an illness on to others. Thank you. For the latest NHS advice on COVID symptoms and what to do if you have them, [please visit the NHS website](#).

<https://www.nhs.uk/conditions/covid-19/>

CRITERIA USED TO DIAGNOSE MS UPDATED

The set of guidelines used by neurologists to diagnose MS, known as the McDonald criteria, has recently been updated to reflect the latest research and our better understanding of MS.

The new revisions widen the evidence that can be used to diagnose MS and include new guidance on diagnostic markers that can identify MS more accurately. The 2024 criteria also provide a more unified approach for diagnosing relapsing and progressive disease courses in children through to older people. This signals a move towards thinking of MS as a single condition with similar biological changes, rather than as three separate types.

The changes to the McDonald criteria are likely to speed up diagnosis, make MS easier to diagnose and reduce the chance of MS being diagnosed incorrectly. If you've already been diagnosed with MS, the changes to the diagnostic criteria won't affect your diagnosis. If you're currently going through investigations for MS, your neurologist may be able to confirm (or rule out) MS more quickly. You can read the full details on the [MS Trust website](#).

<https://mstrust.org.uk/news/criteria-used-diagnose-ms-updated>

PIPPA'S PAGES CONT'D.

MS TRIAL RESULTS SUGGEST DRUGS COULD BOOST MYELIN REPAIR



Early results from the CCMR2 trial were announced recently. They suggest a combination of two existing drugs may be able to boost myelin repair in relapsing MS.

Myelin is the protective sheath around our nerves that gets damaged in MS. Our bodies have an amazing natural ability to repair myelin. But this stops working properly in MS. CCMR2 was a trial run by researchers at the [Cambridge Centre for Myelin Repair](#). These trials are designed to give us an idea of what might be happening in the brain, before bigger and longer studies take place.

70 people with relapsing MS took part over six months. One group took a combination of two existing drugs: [metformin](#) and [clemastine](#). The other took placebo tablets. Everyone continued to take their normal [disease modifying therapy](#).

The main test the researchers used to look at the effect of the drugs was called a “visual evoked potential.” This measures how quickly messages travel between the eyes and the brain. In the group taking the drugs, the signals stayed the same speed over the six months. In the placebo group, the signals slowed down. The difference between the groups was small, but significant.

The results suggest the drugs could be boosting myelin repair in the brain in relapsing MS. It's the third trial of potential myelin repair treatments to show this. Together, these results give real hope that myelin repair could be part of how MS is treated in the future.

Dr Nick Cunliffe, who led the trial, said, “I'm increasingly sure that remyelination is part of the solution to stopping progressive disability in MS. We still need to research the long-term benefits and side effects before people with MS consider taking these drugs. But my instinct is that we're on the brink of a new class of treatments to stop MS progression, and within the next decade we could see the first licensed treatment that repairs myelin and improves the lives of people living with MS.”

You can read more information about the trial and the results on the [MS Society website](#).

Source: MS Society

<https://www.mssociety.org.uk/research/news/trial-results-suggest-drug-combo-could-boost-myelin-repair-relapsing-ms>

PIPPA'S PAGES CONT'D.

FIRST UK PATIENT WITH MS TRIALLING CAR T CELL THERAPY

A woman with MS has become the first person in the UK to receive CAR T cell therapy in a clinical trial testing whether this personalised treatment may slow or even halt the progression of the disease.

While there are several treatments available to help manage symptoms or slow the progression of MS, none are fully effective in preventing relapses or the long-term progression of the condition. But with CAR T cell therapy proven to be really effective in blood cancer patients, researchers are turning to testing the treatment in autoimmune conditions such as lupus and now MS.

In MS, the coating (myelin) that protects the nerves is damaged. This causes a range of symptoms like blurred vision and problems with movement, memory and thinking.

CAR T cell therapy aims to reset the immune system by depleting B cells, which are thought to drive the autoimmune attack in MS. The therapy modifies the patient's own T cells to target and eliminate B cells, potentially leading to long-term remission and halting disease progression.

For more details, visit: <https://www.uclh.nhs.uk/news/first-ms-patient-uk-trialling-car-t-cell-therapy-uclh>

THANK YOU TO OUR BRILLIANT COLLECTORS

Thank you to everyone who has collected for us recently.

We raised the following fantastic amounts;

- Reading Station 10 October - £1,177.06
- Heathrow Taxi Rank - £2,142.56
- Henry Street Garden Centre - £582.04

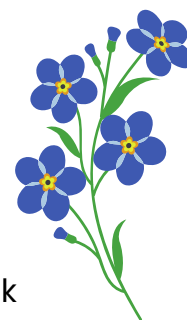
It's a lot of fun being a collector and a great way to support the Centre. Our next collections are;

- Reading Station, Friday 28 November
- Henry Street Garden Centre, Saturday 21 March

If you can help, please contact Jackie at jackie@bmstc.org.



BMSTC FAMILY



WITH DEEPEST REGRET

We send our deepest sympathies to the family of our Centre member, Frank House, who passed away in October 2025. Frank had been attending physiotherapy at the Centre for a number of years.



Rachel and Catherine

Thank you to Ilona and her family for celebrating the life of her mum Catherine and sister Rachel and raising £485 for the Centre. Catherine sadly passed away earlier this year and we lost Rachel, one of our members, during the pandemic.

HAPPY CELEBRATIONS



Congratulations to our member Jenny Norman, whose baby Edward was born on 24 July weighing 8lbs.

Our volunteers really are amazing. Our Monday oxygen operator James volunteered his time as one of the building team recently for an episode of DIY SOS being filmed in Bracknell. He even sported his BMSTC t shirt! You can watch the episode at the following link;

[DIY SOS – Series 34: 3. Rafis Road to Recovery – BBC iPlayer](#)

STAFF AND VOLUNTEER UPDATE

WELCOME

WELCOME TO LUBNA

Lubna joined the Board of Trustees earlier in 2025, bringing 15+ years' experience in the charity sector spanning medical research, science education, agriculture and wildlife conservation.



Lubna says, 'I am passionate about creating positive change and I draw on my experience in both fundraising and medical research to help charities grow and empower people to live well in their communities.'

At home in Reading, I love yoga, all things science, and fun adventures with my family and friends."

Welcome to the BMSTC team Lubna, we're really pleased to have you!

WELCOME TO SARAH

If you come to the gym or classes at the Centre over the next few weeks, you will notice a new face as we welcome our student, Sarah, who is on a placement at the Centre. We're really pleased to have you Sarah and we hope you enjoy your time with us. Sarah has written a few words to introduce herself;



"Hi! I am Sarah, a third year physiotherapy student studying at Oxford Brookes University. This is my fourth placement and I have a feeling it is going to be a good one. The sense of community and compassion in the Centre stood out to me on day one. I am very excited to meet more members and be part of this incredible, warm and wonderful team.

Outside of my studies, I enjoy all things sporty and outdoors. I love hiking, cycling, and taking on the occasional triathlon, as well as a bit of 'bike-packing' when the British weather allows! I'm lucky to have an adventurous family who also loves spending time outdoors together."

DIGESTING SCIENCE

In Spring 2026, we are planning to run information sessions aimed at teaching children aged 6-12 about MS, alongside the MS nurses from RBH and the MS Society. Taking part on a Saturday afternoon, the 'Digesting Science' event will share scientific information in a fun and simple way. The event will aim to empower and equip young people with the knowledge to deal with issues related to having a parent with MS.



The activities were developed by designers, Barts MS research scientists and parents with MS to ensure that every activity is both factually correct and fun to complete.

"Thank you so much for helping my daughter understand what MS is and what happens with it. When my daughter came out she said, "Mummy I'm not going to worry anymore", so a big thank you from the bottom of my heart. Digesting Science is wonderful and you all need medals"

- Parent with MS

If you would like to express an interest in this session or would like some more information please get in touch with nikki@bmstc.org.

You can also find out more at; <https://digestingscience.co.uk/>

Remember the Centre in your Will

Leaving a gift in your Will is one of the most powerful ways to support the Berkshire MS Therapy Centre and will help make sure we will be here for years to come.

After you have taken care of your loved ones please think about remembering your MS Centre. It is very simple to do.

For more information please visit

www.bmstc.org/legacy

or contact Sam on 0118 901 6000 or email samantha@bmstc.org



NIKKI'S PAGE

News of the Centre seems to be growing and last month I had a bumper month with 26 enquiries from new people. So far this year I have received 117 enquiries and carried out 69 tours.

Having Dr Pabeau run her NHS clinic on a Monday at the Centre does seem to be helping to get new members through the door who may not have otherwise heard of us or come to the Centre.

If you are new to the Centre - welcome 😊 But you can all still help to raise our profile further by coming and getting a poster from reception to put up at your local GP surgery or hospital to help spread the word.



In July I hosted the volunteer receptionists' annual meeting and afternoon cream tea. Thank you to everyone who was able to attend. We will be having another Christmas receptionists get together on 12 December and we also have the oxygen operators annual training day and lunch coming up.

In August, we had a wonderful bunch of volunteers from a local company called ProvenWorks come and spend the day cleaning up our gardens. They worked so hard throughout the day and also donated plants, slate and bark. Thanks so much to Joel and the team at



ProvenWorks. Thank you to those of you that have since offered to help us as gardening volunteers to help keep our garden areas weeded and leaf free. If you are interested in becoming a gardening volunteer, please let me know.

I just want to take this opportunity to thank all our wonderful volunteers past and present for their commitment and dedication to the Centre. We simply could not run without you. I am absolutely delighted that the King's Award for Voluntary Service agrees and has decided to award all our volunteers the King's Award for Voluntary Service. I am sure you will join me in congratulating all our wonderful volunteers for this amazing achievement! Special thanks goes to members Graeme, Val and Louise who put the application forward and for Val who represented the charity at a special certificate nomination ceremony in the summer held at Reading University. Thank you to all the volunteers and trustees that were involved in the assessment visit from Deputy Lieutenants Rohit Tanna and Susan Roberts, plus all the staff working away in the background answering many complex questions. It is a wonderful honour and achievement for all our volunteers.

If you know of anyone who would like to become a member or to volunteer at the Centre, please give them my contact details: email: nikki@bmstc.org tel: 0118 901 6000 and I will be happy to get in touch with them.

I will take this opportunity now to wish you all a fantastic Christmas break when we get there!

NIKKI

THE KING'S AWARD FOR VOLUNTARY SERVICE - A FANTASTIC ACHIEVEMENT

We're thrilled to share some truly fantastic news. Our charity has been awarded The King's Award for Voluntary Service – the highest honour a UK voluntary organisation can receive. It's a huge moment for our charity.

What is the King's Award for Voluntary Service?

The King's Award is often described as the MBE for volunteer groups and is awarded for life. It recognises outstanding work done by volunteers who make a real and lasting difference in their communities. Only a small number of organisations across the country receive it each year – this year we are one of 231 – and the winners are announced on the King's birthday.



**The King's Award
for Voluntary Service**

The MBE for volunteer groups

Why is it important?

This award puts a national spotlight on the people who power our charity – our volunteers, supporters and members. It confirms what we already know: the time, skills and energy you give genuinely change lives.

The King's Award for Voluntary Service also:

- Raises our profile nationally and locally
- Strengthens our voice when we campaign or apply for funding
- Celebrates our community, showing that working together delivers real impact
- Boosts confidence that our work is effective, trusted, and valued

A moment to celebrate

Last year alone, our volunteers gave over 6,500 hours of their time. We want to thank all our volunteers and team members – past and present – for their incredible dedication and hard work. You truly deserve this recognition.

Want to join our award-winning volunteer team? Speak to Nikki at the Centre or email nikki@bmstc.org



A few of our amazing volunteers – Malcolm, Sue and Joy

ONLINE CLASSES AT BMSTC by Anwen Hall, Physiotherapy Manager

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.

At the Centre we have a number of online classes which are a great way to access exercise if you're unable to attend the Centre in person, or to help you to do more exercise during the week. There is no limit to how many online classes you're able to attend within a week and it's a great opportunity to exercise with support from others. The classes vary including seated only, standing and seated classes, yoga, Pilates and stretching, so we hope there are classes to suit everyone. During some of the classes we use a variety of equipment including balls and weights, all of which can be substituted with household items, such as a tin of beans!



Please get in touch with any of the Physiotherapy team if you are interested in joining an online class and they can advise which are suitable for you.

UPCOMING CLASSES

Other upcoming classes to look forward to are;

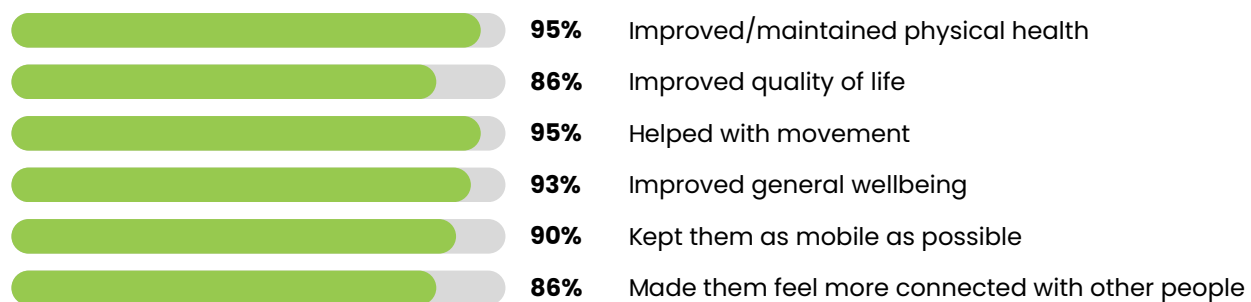
- Starting in mid January, a 6-week seated dance class led by Petra
- Our next in-person FACETs 6 week fatigue management course led by Ligia and Simone (Wednesdays 15 April - 20 May at 11am).

More information to follow soon on the blog, but if you would like to express an early interest then please contact anwen@bmstc.org.

PHYSIOTHERAPY SURVEY RESULTS

Thank you to everyone who took the time to complete our physiotherapy survey earlier this year. We really appreciate your feedback – it helps us understand what’s working well and where we can improve. The results clearly show the positive difference our physiotherapy service is making. We really do read every comment and where possible we make changes to improve the services.

The results show:



Online classes

Many of you told us how useful you find our online classes – thank you for the great feedback! We also received requests for more floor-based and stretching classes as well as additional hand exercises.

We have added a new online stretching class to our programme. We cover lots of hand exercises particularly in our seated exercise classes.

Information about the class timetable

You can view our full online class timetable here: www.bmstc.org/timetables

To find the right class for you, talk to your physiotherapist or if you are new to physiotherapy, request an assessment.

Recordings of classes

While we’re unable to record live classes, we do have a range of pre-recorded exercise videos available on our website here: www.bmstc.org/exercise. These cover a variety of activities, including hand and floor-based exercises.

Weekend and evening sessions

Several people asked if we could offer sessions in the evenings or at weekends, particularly to suit those working 9–5. We recognise that this is an area where our current provision is limited. Unfortunately, we’re not able to offer regular out-of-hours sessions at the moment. We have trialled these sessions in the past, but attendance was inconsistent and we need to focus resources where demand is higher. However, we remain keen to explore this again in the future if we are able.

Music in the gym

Not quite ‘Thank you for the Music’. Our gym soundtrack continues to be a talking point. Our physiotherapy team encourages members to choose the music, so if you have any preferences, please let us know.



THANK YOU....

FUNDRAISING

Thank you to everyone who has completed a fundraising activity or donated to the Centre; we are truly grateful for your contributions. There are some highlights;



Thank you to Emily Wakeford for running the Oxford Half Marathon in October. Emily is a physiotherapy student who completed a six-week placement with us back in March. She thoroughly enjoyed her time at the Centre and could see the real difference we make to the lives of people living with MS. She completed the 13.1 mile course in 2 hours and 30 minutes and raised an amazing £656 for the Centre. We wish Emily well with the remainder of her studies, we know that she will go on to become a brilliant physiotherapist.

Becci Liberda and her family challenged themselves to completing 300,000 steps each in September. Becci's Mum, Lyn, lived with MS and regularly attended the Centre. Sadly, Lyn passed away unexpectedly last year. Becci said that the Centre provided endless support for Lyn and so chose to fundraise in her memory. Together, Becci and her family all took on the step challenge and managed to raise a staggering £1,079 for the Centre. We would like to thank Becci, Les, Lou, Jamie & Craig. Lyn would be very proud.



We have also had amazing support from Ollie who ran the Abingdon Marathon in an impressive 4 hours and 50 minutes in October. Ollie wanted to support the Centre as he knows someone with MS. As a taxi driver, he drew on his networks and with the help of our dedicated volunteers, he held a collection at Heathrow's Taxi feeder park. His fellow cabbies showed great generosity, resulting in an astonishing £2,142.56 being raised for the Centre. Thank you to Ollie for going to these lengths to support the Centre.

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

THANKYOU



FUNDRAISING

BIG GIVE CHRISTMAS CHALLENGE

The Big Give Christmas Challenge is back!

Tuesday 2 December midday – Tuesday 9 December midday

We're taking part in this matched funding campaign for another year. Save the date to have your donations doubled and help raise £12,000 for the Centre.

Sign up to receive email reminders here: www.bmstc.org/big-give-reminder



CHRISTMAS RAFFLE

Enter our Christmas Raffle for your chance to win one of 12 amazing prizes. We have food and drink hampers, pamper hampers, a Hattingley Valley Wine Tour and chocolate galore.

Tickets are £6 and can be purchased in the Centre, or online by visiting:

www.bmstc.org/christmasraffle25

Tickets are on sale until Sunday 14 December. Entrants must be 18 yrs or over. Good luck!

REVERSE SANTA

Christmas is a time for giving. Can you spread some cheer and play Santa too? We have a little list of presents we are hoping to receive this Christmas, could you spare a few pounds and buy a gift for the Centre? Please bring in the following items at any time;

- Long life milk
- Biscuits
- Tea
- Coffee
- Sugar
- Hot chocolate



- Printer paper
- 2nd class regular/large letter stamps
- 2-ply toilet paper
- Hand wash
- AA or AAA batteries
- Box of tissues



CHRISTMAS CARDS

FUNDRAISING

Our Christmas cards are selling very fast and half of our designs have sold out! Get yours now in person at the Centre or order online at www.bmstc.org/christmascards

JOIN YOUR LOCAL SANTA RUN

It's not too late to do some fundraising before the year ends! As we approach the festive season, there are plenty of things that you can take part in. You could host your own evening of mince pies and mulled wine, place a collection tin in your nearest pub or local shop, or you could join a Santa Fun Run!



We have details of a couple of Santa Runs below, alternatively look up one in your area to join the fun, while also raising all important funds for the Centre.

Newbury Rotary Club Santa Run

Sunday 23 November

5K & 1K distances

Visit: [https://rotary-ribi.org/clubs/page.php?](https://rotary-ribi.org/clubs/page.php?PgID=958505&ClubID=556)

[PgID=958505&ClubID=556](https://rotary-ribi.org/clubs/page.php?PgID=958505&ClubID=556)

Reading Rotary Club Santa Run

Sunday 7 December

5K & 2K distances

Visit: www.santarun.co.uk

SUPPORT BMSTC WHEN YOU SHOP ONLINE

Did you know, you can raise money for the Centre every time you shop online through Give As You Live, at no extra cost to you?

Simply sign up for an account and start raising when you shop through Give As You Live Online at any of the 6,000 retail partners.

Just click on the retailer you want to buy from and you'll be directed to their website where you can continue to shop as normal. Your purchase will automatically generate a donation for Berkshire MS Therapy Centre!



So don't forget to shop through Give As You Live when you grab your Black Friday deals or do your Christmas shopping! Sign up at: www.bmstc.org/shoponline/

MEETING DIARY FOR MS GROUPS

These activities are not organised by BMSTC.
Please contact the organisation 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.

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

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



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 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 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

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 therapy

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 for more information.



Complementary therapies

The following therapies are available at the Centre:

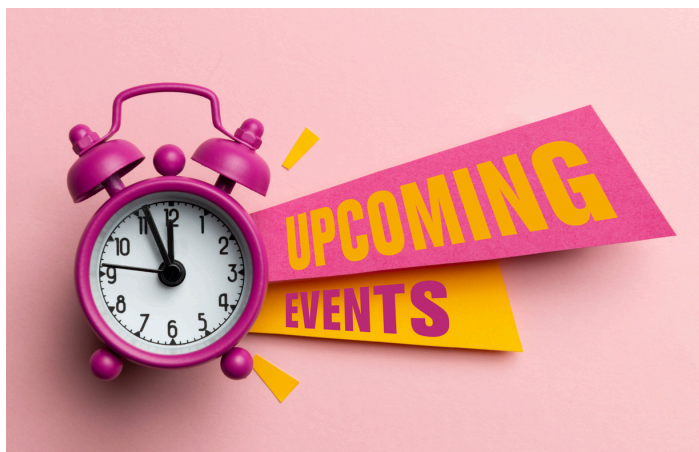
Acupuncture/acupressure (£18)

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

- **5 November to 14 December**
Christmas Raffle

www.bmstc.org/christmasraffle25

- **2 to 9 December 2026**
Big Give

Find out more at;

www.bmstc.org/biggive

- **24 December 2025 to 1 January 2026**
Centre closed for Christmas holidays

- **22 March 2026**
Reading Half Marathon

Find out more at;

www.bmstc.org/readinghalf

- **15 April to 20 May 2026**
FACETS in person fatigue course

Email: anwen@bmstc.org

- **26 April 2026**
London Marathon

Sponsor the team at;

<https://2026tcslondonmarathon.enthuse.com/bmstc/profile>



NEXT TIME...

Our next newsletter is due in February 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 or claire@bmstc.org or call Claire on 0118 901 6000 (usual working days Mondays to Wednesdays).

Deadline is 10 January 2026 and we look forward to hearing from you!

For details of any of our forthcoming events, please go to www.bmstc.org/events, email 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 Website: www.bmstc.org

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



Charity no: 800419