



BERKSHIRE MS THERAPY CENTRE NEWSLETTER

FEBRUARY 2026

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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. Look back at our Christmas Party on page 5 and please put the AGM in your diary for 28 September - see page 6 for more information.

You can find out about lots of interesting news on Pippa's Pages on pages 3-4, as well as reading about updates to our staff and volunteer team on page 8.

Two of our members have recently achieved great things - Ricky has published a book and Lorraine has represented Team GB! Read more on pages 10 and 12 respectively.

Find out about the record breaking treatment numbers for 2025 and the results of our feedback survey on pages 14-15.

Very many thanks to all our fundraisers who have been busy supporting the Centre. See pages 16-20 for more details, plus the latest events organised by our Fundraising Team and other ways in which you can support the Centre. Don't forget to enter our Easter Raffle!

Please keep your news coming, we love to hear from you.

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 April 2026

CHAIRMAN'S REPORT by Neil Dawkins



Hello and welcome everyone to the first BMSTC newsletter of 2026.

I hope you're all keeping well and had a lovely festive break.

The Trustees along with the Management team have been busy ensuring we can continue to provide the level of support you have always experienced at BMSTC.

Top priority as this year begins remains the need to address the imbalance between our expenditure and our income.

I have been really pleased with the response to my message about increasing donations. We have seen an uplift in donations over the last few months but I would like the response to be more widespread. If you have been able to make an adjustment already we are enormously grateful– if you haven't done so please consider this if you can afford to. We are not out of the woods yet.

I am sorry if I sound like a broken record but underpinning this message is the fact we will never turn anyone away from treatment so please do not think you should stay away if you are unable to donate. That's such an important message – you are always welcome whatever your circumstances.

Please look out for some events that Trustee Gregg is organising to engage the membership and encourage ideas for income generation and cost savings. In the meantime please feel free to approach him informally where he will be delighted to chat with you. His email is gregg@bmstc.org

In other news we are very sorry to learn that Sam Harper is leaving BMSTC after many years of brilliant work heading up the fundraising team. She will be sorely missed by everyone. We have recruited to fill the vacancy and will have more news soon.

Now you have got my piece out of the way I hope you can enjoy the rest of the newsletter. It's packed with great content including fundraising, treatment numbers for 2025 and results of the recent survey.

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

PIPPA'S PAGES

BANK HOLIDAYS

The Centre will be closed for the following Bank Holidays this spring;

- Good Friday 3 April
- Easter Monday 6 April
- Monday 4 May
- Monday 25 May



SAVE THE DATE FOR MS AWARENESS WEEK

This year, MS Awareness Week runs from 20 – 26 April. This is when national and local MS charities come together to talk about MS. This year the theme is 'Hidden Symptoms of MS' so we will be looking for members to share their experiences.

We are planning an information stall at the Royal Berkshire Hospital alongside the MS nurses on Tuesday 21 April. There will also be a collection at Reading Station and an advert on the screen outside the station too. And don't miss MS Awareness Week Bingo which we hope to run on 22 April.

Look out for more details coming soon on the blog and social media or please email claire@bmstc.org with any queries.

THANK YOU TO HEALTHWATCH

In November, we welcomed our friends from Healthwatch Reading who offered support to our members with using the NHS app and also collected feedback on it. Healthwatch acts as the collective voice of the public when it comes to health and social care. They collect feedback on your experiences with local health services and provide lots of useful information on support available locally.

Visit www.healthwatchreading.co.uk to find out more



PIPPA'S PAGES CONT'D.

SHARE YOUR IDEAS FOR ACCESSIBLE ACTIVITIES

One of our members has had the great idea of sharing members' recommendations for accessible activities in and around our area which would be suitable for people with disabilities including wheelchair users or those with limited mobility.

Please let us have your tips and suggestions for accessible walks, cafes, pubs, leisure centres, attractions and more and we'll share them in future newsletters and on the blog. Hopefully this will give everyone lots of ideas for days out when spring finally comes!



To start us off, our Physiotherapy Assistant Petra had this recommendation for an accessible beach in Dorset, which she visited last summer:

“I went to Hengistbury Head near Bournemouth. It was very well designed for wheelchair users and it was a nice day out in nature and not at all crowded. It's by the seaside with a nature reserve, wheelchair access all the way to the top of the cliff as well as a little woodland.”

Find out more at: <https://www.visithengistburyhead.co.uk>

Please email your ideas to claire@bmstc.org or chat to Claire in the office.

POSITIVE THINKING BOOK BY DICK KENNEDY

Dick Kennedy was a long term member, Trustee and supporter of Berkshire MS Therapy Centre. During his time at the Centre, he led the 'Positive Thinking Group' and was someone who always saw the positives in life himself.



Sadly Dick passed away in 2023 after living with MS for over fifty years but it had always been his wish to produce a book on positive thinking to help people face up to the challenges of everyday life. His widow Janetta is thrilled that she has been able to get Dick's book in print and has provided a number of copies at the Centre. They are available on reception for you to pick up and enjoy. A donation to the Centre would be appreciated. We hope you will find the book useful.

A FANTASTIC CHRISTMAS PARTY!

We'd like to say a huge thank you to everyone who came along to our BMSTC Christmas party in December.

We had a great time with you all and we hope you did too. It was lovely to see so many members and their families enjoying festive food and drinks, as well as the Christmas tunes.

Congratulations to John and Linda who won the Christmas jumper competition, as judged by our Trustees Gregg and Rachel!

Thank you also to Graham for organising the 'guess the sweets in the jar' competition, which raised over £60!



Christmas jumper competition winners John and Linda



PUT THE AGM DATE IN YOUR DIARY!

BMSTC's AGM will take place this year on Monday 28 September at the Centre. More details will follow nearer the time but put the date in your diary for now!

What is an AGM?

AGM stands for annual general meeting. The annual accounts and report are presented to show the charity's income and expenditure and those present can vote on them. There is also the opportunity to vote for the Trustees, including the Chair, Secretary and Treasurer. We've moved the date from June to September to hopefully avoid any heatwaves which affected the number of attendees last year.



Why should I come?

This is your chance to find out more about how the Centre is run, to discuss our future plans and to ask questions of the Trustees and staff. This is your Centre and we want you to feel a part of it and to help us celebrate our achievements. At last year's AGM, we were very pleased to welcome a speaker from MS Trust and having had good feedback on her talk, we hope to find someone equally interesting for this year – watch this space!

The AGM is also a great chance to chat with fellow members, Trustees and staff over drinks and nibbles. Fingers crossed for a sunny day so we can mingle in the garden once the official business is over.

Who can come?

The AGM is open to everyone, including people who use the Centre, their families and friends, as well as supporters and fundraisers. If you want to vote during the AGM, you need to be a member of the Centre. Please check with Nikki at nikki@bmstc.org if you're unsure if you're a member. Membership costs just £24 a year.

Space is limited so nearer the time, we will ask you to book a space at the AGM so we can make sure we have enough room (and nibbles) for everyone who wants to come along. All relevant documentation such as the accounts summary, agenda and minutes of the last AGM will be made available prior to the meeting on our website and hard copies can be provided.

Further details

Keep an eye on www.bmstc.org/agm2026 and the blog or email claire@bmstc.org if you have any questions or suggestions. It really is a fun event and we look forward to seeing you there! September will come round quicker than you think....

BMSTC FAMILY

WITH DEEPEST REGRET

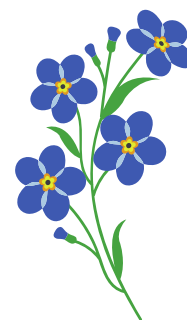
We have sadly lost some special friends to the Centre in recent months.

Our member Jenny Hately passed away on 13 November 2025. Jenny first came to the Centre in 2002 and used to attend physiotherapy classes and oxygen therapy. We send our deepest sympathies to her family and friends.

Centre supporter Lynda Coldwell passed away on 21 November 2025. Her daughter Victoria is one of our Centre members and Lynda volunteered at many of our fundraising collections over the years. We send our deepest sympathies to Victoria and the rest of Lynda's family and friends.

Robert Small, husband of our member Suzanne, passed away in January 2026. Robert was well known at the Centre and he and Suzanne raised money for us when they celebrated their Golden Wedding last year. We send our deepest sympathies to Suzanne and the rest of Robert's family and friends.

We would like to thank the families of Jenny, Lynda and Robert for choosing donations to the Berkshire MS Therapy Centre in lieu of flowers. We are deeply grateful that they thought of the Centre during such a difficult time.



HAPPY CELEBRATIONS

Many congratulations to our member Laura Wicks, whose baby Jesse was born on 23 November, weighing 9lb 6oz!



Have you got some news to share?
Please email claire@bmstc.org or gill@bmstc.org
or call 0118 901 6000

STAFF AND VOLUNTEER UPDATE

GOODBYE

GOODBYE TO SAM

In March we say goodbye to Samantha Harper (Sam), who has been a big part of our fundraising team for over 10 years. Sam has written a few words to say goodbye.

"I still remember the first time I came into the Centre and the warm welcome I received... as well as the physio team peering at me from the office! It was clear this was a very special place—and it has certainly lived up to that.

There has never been a dull day. I feel incredibly lucky to have been part of the Centre and to have seen the difference it makes.



I want to thank all the members, volunteers, staff and trustees for making this place what it is as well as all our fundraisers, supporters and funders for their amazing support. I look forward to coming back to hopefully win at bingo!"

Thank you for everything you have done for the Centre Sam, you have made a huge difference. We wish you all the very best in the future. Keep in touch - you will be missed!

WELCOME TO ANNA

We are very pleased to welcome Anna Harris as a new trustee of Berkshire MS Therapy Centre. Anna is one of our members and many of you may recognise her and her dog Indie, who is also a regular visitor to the Centre! Anna has written a few words to introduce herself;



"I became a member of the Centre soon after my diagnosis with MS in 2009. I was an employment solicitor, training in Oxford and then working in Reading. The reason I loved the job is that I love people. After my MS became more complicated, I became a headhunter for 11 years working in a variety of different sectors including podcasting and crazy electric vehicles! I now run my own Employment Law Consultancy. I adore the countryside, decorating oyster shells and I have a mini wire haired dachs (Indie) who also loves the Centre. I have a husband and 17 year old son, both of whom mostly tolerate me!"

Thank you for coming on board as a trustee Anna and sharing your expertise with us. We are very grateful for your support.

COME AND SHARE YOUR FAVOURITE TUNES WITH US!

Join the informal sing-along at 11.45-12.45 on Mondays at Berkshire MS Therapy Centre.

Why? Singing offers benefits such as:

- Boosts mental health by reducing stress (lowering cortisol, releasing dopamine/endorphins)
- Improves mood
- Physically strengthens the immune system and aids breathing
- Cognitively, it enhances memory, language skills, and brain connectivity
- Socially, group singing fosters connection, belonging, and self-confidence.



“The singing group is so good for the soul”

Anna

Lyrics appear on a screen while the original music plays, allowing us to sing along. Featuring popular songs from the 1950s through the 2000s, it's all about having fun singing, making friends, and enjoying yourself.

Can't sing? We don't mind, it's all about the joy of singing (we'll just turn the backing track up a notch!). No audition - just turn up and join in!

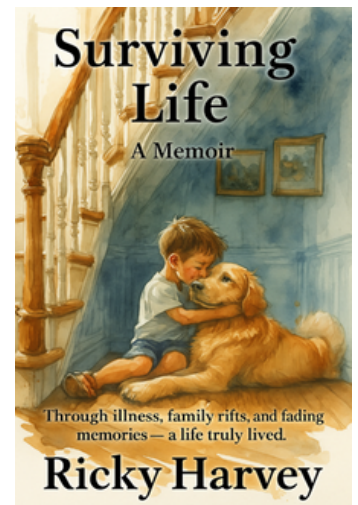
Email Ros on ros@bmstc.org for more information

OUR MEMBER RICKY HAS WRITTEN A BOOK!

BMSTC member Ricky Harvey has published his memoir, 'Surviving Life.'

Ricky's story is described as an inspiring true story of overcoming adversity and finding joy, even in the darkest moments.

Ricky's life begins in the shadow of a difficult upbringing, where strength and humour became his lifelines. Along the way, life brought moments of great beauty – a loving marriage, a family that fills his world with pride, and the chance to travel widely, creating memories that balance heartache with laughter and hope.



Told with honesty, warmth, and unmistakable British humour, 'Surviving Life' is both moving and uplifting. It is a real-life story of coping with disability, discovering light through love and adventure, and embracing life's challenges with unshakable optimism.



Our member Ros has read Ricky's book and written the following review;

You know when Ricky is in the house! His cheerful persona, generous laugh and overall gregariousness are explained by his memories.

'Surviving Life' takes the reader through a disrupted childhood that was both traumatic yet, at times, heartwarming. Ricky lays bare the highs and lows of friendships, relationships, family dramas and health challenges that shaped his life. And get the tissues ready – you'll be crying or crying with laughter!

Ultimately, and despite many challenges, Ricky shows us that the power of love and an optimistic outlook are key to happiness and to a life truly lived.

Ros Hatt



Ricky's book is available to buy on Amazon here at <https://www.amazon.co.uk/dp/1036963853>

Ricky is kindly donating 20% of his royalties to Berkshire MS Therapy Centre.

Thank you Ricky, well done and good luck!

NIKKI'S PAGE

Happy New Year to you all!

At the start of the year I have had the chance to look back on 2025. Last year I dealt with 213 enquiries, including 135 enquiries from new people with MS and 78 enquiries from people without MS interested in oxygen. I also carried out 79 tours with people with MS. All these numbers have increased from 2024. I've also had a busy start to 2026 with 13 tours for new people with MS in January. It's great that more people with MS are getting to know about the Centre and coming to see us.



In November I organised the Oxygen Operators Annual Training Day. This is an opportunity for the operators to refresh their skills, complete training and discuss all things oxygen. In December I held the Volunteer Receptionists Christmas meeting and lunch which was really well attended (see below!).



This year is a big year for volunteering at BMSTC. Malcolm Cook and Neil Dawkins will be attending a Royal Garden Party at Buckingham Palace for the Kings Award for Voluntary Service (final date still tbc). Pippa and some other volunteers will also be attending the Lord Lieutenant for the Royal County of Berkshire Presentation Ceremony for the Kings Award at Wokingham Town Hall in March. I hope that we will also be able to hold an event for all the other volunteers at the Centre so that everyone gets to be part of this amazing achievement!

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. They can email nikki@bmstc.org or telephone 0118 901 6000 and I will be happy to get in touch with them.

NIKKI

OUR MEMBER LORRAINE REPRESENTS TEAM GB!

Lorraine is a member of the Centre who has MS and she has been wheelchair dancing since 2017. Lorraine goes to classes run by Wheelz in Motion in Maidenhead. In October, she had the honour of representing Team GB in the British Open Inclusive Para Dance Sport Championship, competing alongside 13 other countries from across the world. Lorraine competed in Ballroom and Latin and she won a fantastic three gold and two silver medals, an incredible achievement!

Lorraine says there are lots of benefits of wheelchair dancing; “It helps with strength and co-ordination and really makes you think. You meet people and it’s a great cardio workout!”

Weekly fun classes with Wheelz in Motion cost £10 a week on a pay as you go basis. If you want to take part in competitions, there are extra classes, an annual fee and costs associated with travelling to competitions etc. However, Lorraine thinks it’s well worth the price; “I love it because it gets me out. I’ve just been part of Team GB, wow! Hearing the national anthem and taking part in the flag bearing ceremony gave me goosebumps. I’ve made amazing friends from Italy, Germany and Mexico!”



Lorraine and her partner compete

How you can take part

Wheelz in Motion classes are fully inclusive and open to all ages and abilities, including people with and without a disability, including arthritis, spinal injuries, MS and more. You don’t need to be in a wheelchair. No prior experience is needed and the dancing will be tailored to your own individual abilities so you just do what you can. Fun classes run on Thursdays 4pm to 6pm at St Luke’s Church in Maidenhead. The classes for people taking part in competitions take place Thursdays 2pm to 4pm.

Wheelz in Motion would love to have more people join their classes. If you’d like to find out more about wheelchair dancing, you can contact Wheelzinmotiondance@gmail.com

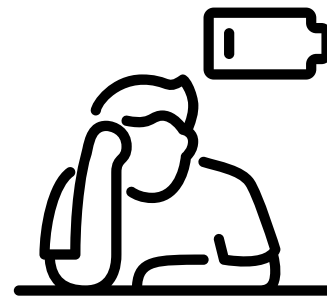
As Lorraine says, “There are so many people from the Centre who could give it a try. Everyone can dance. Nothing’s impossible.”

Well done again Lorraine, we’re really proud of you!



Lorraine and her medals

UPCOMING CLASSES



Don't miss the opportunity to sign up for our in person six week FACETS Fatigue Management course at the Centre, which starts in April.

This course is based on a programme developed by researchers at Bournemouth University and the Dorset MS Service at Poole Hospital called FACETS (Fatigue: Applying Cognitive behavioural and Energy effectiveness Techniques to life Style).

The six sessions will help you find ways to manage your MS fatigue and explain it to other people.

You will discuss the nature of MS fatigue, how to manage and balance energy levels and the impact of stress. Previous FACETS classes have had very positive feedback.

Class details:

- Six week class running Wednesday 15 April to 20 May 2026 from 12.30pm to 1.45pm.
- In person at the Centre with Ligia and Simone.
- Small group of maximum eight participants.
- Ideally we ask that you can commit to attending all six sessions.

Please visit www.bmstc.org/facets, email ligia@bmstc.org or call 0118 901 6000 for more details or to sign up.

“

I've done this course already and I would definitely recommend it! The physio team leading the course were brilliant and I learnt so much about MS and about myself.

Jo, former FACETS class attendee

”

We are also running an eight week Indoor Cycling class starting Monday 2 March at 3.45pm.

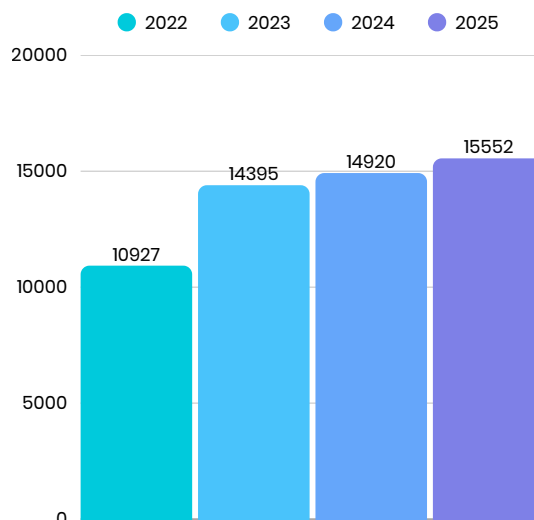
The class is suitable for members who are able to walk independently or using an aid. Prior to starting the class you will be asked to complete a basic health questionnaire and a 12 minute cycle test.

Please email ligia@bmstc.org or visit www.bmstc.org/indoorcycling for details.

TREATMENT NUMBERS 2025

2025 was our busiest year yet — a real milestone for the Centre.

We delivered 15,522 treatments, including 15,083 for people with MS and their loved ones, surpassing 15,000 treatments in a single year for the very first time.



Physiotherapy	9,140
Yoga	806
Oxygen	4,021
Counselling	378
Relaxation	355
Footcare	398
Complementary therapies	377

Physiotherapy was our busiest therapy, accounting for 59% of all treatments. This included online classes, in-person group sessions, one-to-one appointments and APS.

Oxygen therapy was our second-largest service, with 4,021 appointments delivered — 26% of all treatments.



421

people with MS or their loved ones attended for treatments



79

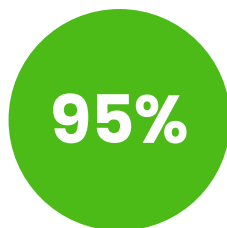
people with MS were welcomed with an introductory tour in 2025

FEEDBACK SURVEY RESULTS

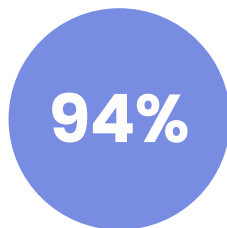
In November, we asked the people who use our Centre about the difference our services make. Thank you to everyone who took part in the survey, and congratulations to the winner of the hamper.

We have read all the feedback and are taking it carefully into consideration. We were especially touched by the positive comments about the difference the Centre makes to so many people.

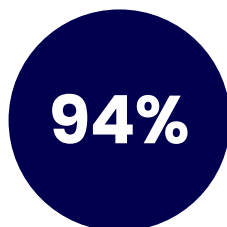
Our members told us:



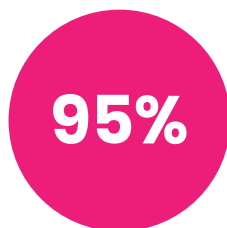
feel happier due to attending the Centre



report an improved quality of life

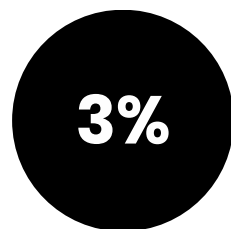


say the Centre improves, or maintains, physical health



feel more confident

When asked about what life without the Centre would be like, only 3% are confident they would be able to access the support they need without our services.



'I'd like to thank the staff and volunteers for helping me so much and making such a difference to my life.'

FUNDRAISING UPDATE

As shown on page 14 demand for our services continues to grow. We are proud to be supporting more people than ever before.

However, meeting this demand also means rising costs. We do not receive any NHS funding and, like many charities, we are finding it increasingly difficult to raise the funds we need. This is placing real pressure on our ability to maintain services at their current level.

You can help us continue our work by:

- Making a donation to the Centre, or increasing your existing donation
- Fundraising for the Centre, or encouraging others to do so. Over the next few pages, you'll find more information, including details of the upcoming Reading Half Marathon and our Go Challenge later in the year
- Introducing us to an organisation that may be able to support our work
- Make sure you have signed up for Gift Aid if you pay tax.

Over the coming weeks, we will also be introducing some changes. To continue accessing our services, we are asking all MS members to sign up for membership. We invite a donation of £24 per year, but no one will be turned away if they are unable to pay.

We will also be in touch soon to confirm the details we hold for you, including your emergency contact information.

Make your donations to the Centre worth an EXTRA 25%!

Gift Aid is one of the most effective ways of giving to the Centre.

If you make a Gift Aid declaration, we can claim an extra 25% on your donation: this will turn a £20 donation into £25 at no extra cost to you.

It makes a huge difference to our work so if you are able to please Gift Aid your donation.

Find out more at
www.bmstc.org/gift-aid
or speak to the Fundraising team



THANK YOU....

FUNDRAISING



We would like to say a big thank to Wokingham Lions Club for their generous donation of £500 raised through the Wokingham Winter Carnival. Your support for the Centre is greatly appreciated and will make a big difference to our work.

We are very grateful to Phoenix Ukulele Band for their donation of £500 raised through their concerts and events in 2025. Thank you for your support. It really is appreciated.

CHRISTMAS FUNDRAISING THANK YOU



A big thank you to everyone for your support with our Christmas fundraising.

We were thrilled to reach our £12,000 target for the Big Give Christmas Challenge in less than 24 hours! We were also very pleased that our Christmas raffle raised £1,692 and we hope the winners enjoyed their prizes.

Thank you for buying your BMSTC Christmas cards - we're already looking at next year's designs! - and for all your support with our Reverse Santa appeal. We are now very well stocked up with lots of useful items which you have kindly donated.

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



LEAVING A GIFT IN YOUR WILL

Did you know you can leave a gift to charity in your will? Once you have taken care of your loved ones, considering a gift to charity is a wonderful way to ensure the causes you care about most can continue their amazing work for future generations.

A gift to the Centre, no matter what size, can help make sure that we are always here to support people affected by MS.

If you are updating or making a will, please consider the Berkshire MS Therapy Centre. Make sure to include our full name, address and most importantly our charity number, so that we are not confused with another MS charity.

Berkshire MS Therapy Centre
Bradbury House, 23a August End, Brock Gardens, Reading, RG30 2JP

Charity number: 800419

For more information on gifts in wills, visit our website www.bmstc.org/legacy/ or speak with Rebecca in the Fundraising Team.

HOW TO SUPPORT THE CENTRE

As you know, our work could not happen without the generosity of donations from people and businesses alike. If you, a friend or family member would like to undertake any fundraising activity for the Centre, please let the fundraising team know and we will support you every step of the way. We can help with ideas, materials and advice on how to keep your fundraising safe and fun.

If you and your networks have links to any companies that offer charitable support, please also put them in touch with us. We are particularly keen to connect with anyone who works for Sanofi, Blandy & Blandy, University of Reading or Fox Payne Associates.

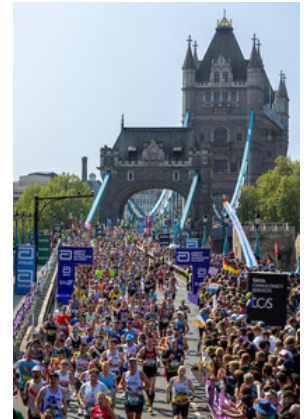
FUNDRAISING



LONDON MARATHON

The London Marathon is fast approaching once again. We have five eager runners taking on the 26.2 mile course for us this year. Not only are they busy training hard, but they are also putting lots of effort into raising money for the Centre. We look forward to introducing you all to them on social media ahead of race day.

Please join us in wishing the team all the very best of luck for Sunday 26 April, and if you would like to support them, you can find their fundraising pages by visiting <https://2026tcslondonmarathon.enthuse.com/bmstc/profile>



©TCS London Marathon

READING HALF MARATHON

We are also excited to announce that we have three people taking part in the Reading Half Marathon on Sunday 22 March. All three runners have family members who attend the Centre and we are so grateful that they are giving their time to fundraise for us and fit training around work and busy lifestyles. Not all heroes wear capes, but if we had BMSTC ones, we would certainly be giving them to these three.

If you would like to support any of our Reading Half runners, please message or speak to Rebecca, rebecca@bmstc.org.

TAKE ON A CHALLENGE FOR THE CENTRE

If you or someone you know would like to take on a challenge to raise funds for the Centre in 2026, we have lots of opportunities ready and waiting for you to sign up! If you're a runner, as well as the Reading Half Marathon we have the Green Park 10K coming up this spring.

If two wheels are more your thing, Bike the UK for MS offers a variety of bike challenges across the country over the summer.

Alternatively, the Twilight Runway Challenge in September is accessible to all. You can run, walk, cycle or scoot the route and it is wheelchair and pram friendly too.

The Centre fundraising team will be here to give you as much support as you need and help you raise as much as possible from your challenge. Visit www.bmstc.org/events to find out more or get in touch with Rebecca on rebecca@bmstc.org. Thank you for all your support.

FUNDRAISING



EASTER RAFFLE

Look out for tickets on sale at reception and online for our Easter raffle!

Tickets cost £4 each and you could win some amazing prizes, including hampers and lots of lovely chocolate. Find out more at www.bmstc.org/easter26

BINGO IS BACK!



Following the success of last year's bingo night, we are planning another one on Wednesday 22 April to tie in with MS Awareness Week. Look out for more information on the blog and social media or speak to a member of the fundraising team for more details.

THE RETURN OF THE GO CHALLENGE

Get ready for more fun in the gym this spring - our annual Go Challenge will return from 11-24 May!

All our members will be able to take part in this fun fundraising exercise challenge during classes and at home. Can you help us hit our target?

Look out for details coming to the Centre soon or speak to the fundraising team.

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 5474. 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 Khalid at khalidkathy@btinternet.com or Marianne at 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

- **16 February to 24 March 2026**
Easter Raffle
www.bmstc.org/easter26
- **2 March to 27 April 2026**
Indoor Cycling
www.bmstc.org/indoorcycling
- **22 March 2026**
Reading Half Marathon
www.bmstc.org/readinghalf
- **15 April to 20 May 2026**
FACETS in person fatigue course
www.bmstc.org/facets
- **20-26 April 2026**
MS Awareness Week including Bingo on Wed 22 April
- **26 April 2026**
London Marathon
Sponsor the team at:
<https://2026tcslondonmarathon.enthuse.com/bmstc/profile>
- **11-24 May 2026**
Go Challenge
- **28 September 2026**
AGM
www.bmstc.org/agm2026



NEXT TIME...

Our next newsletter is due in May and we want to hear from you! Have you got any advice to share? Got 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 April 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