

The Berkshire MS Therapy Centre

The Berkshire Multiple Sclerosis Therapy Centre is an independent local charity.

The Centre provides a wide range of information, support and therapies, aimed at improving symptom management and quality of life to people with MS and their carers, throughout Berkshire and the surrounding areas.

Our core therapies include:

- Physiotherapy
- Counselling
- Yoga
- Oxygen Therapy

With our purpose built Centre, we also offer a much wider range of complementary therapies such as:

- Massage Therapy
- Spinal Reflexology
- Chiropody
- Acupuncture
- Acupressure
- Reiki
- Reflexology

Berkshire Multiple Sclerosis Therapy Centre

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

T: 0118 901 6000

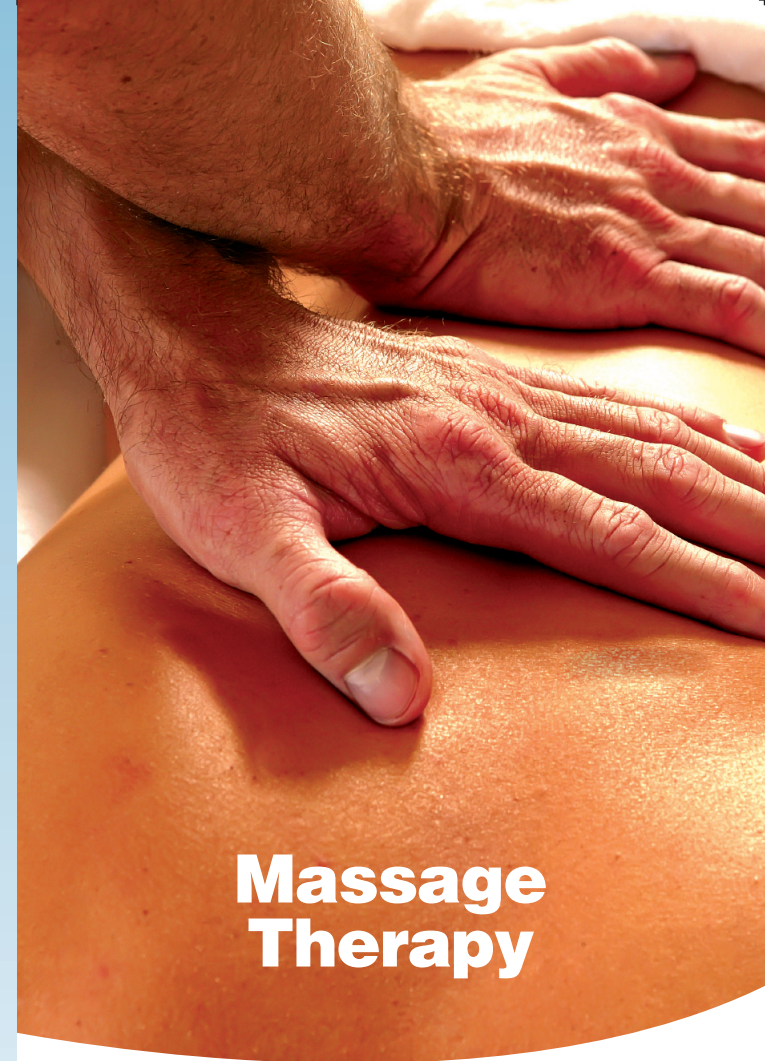
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www.bmstc.org



Charity No. 800419



Massage Therapy



Massage Therapy

Massage Therapist: John Cater

Massage Therapy aims to provide people with time and space for a relaxing and soothing experience in a warm, supportive atmosphere. Massage improves the circulation. It relaxes tense muscles and is an excellent way to unwind and help restore a sense of well being and balance.

We have two qualified and experienced massage therapists available at the Centre who very generously give their time freely in return for their clients giving a donation to the Centre. This provides about £1,000 per year that the MS Therapy Centre can use to provide other services.

THE LEVEL OF MASSAGE IS YOUR CHOICE AND WILL BE DISCUSSED DURING THE SESSION.

Massage Therapy sessions are available with:

Frances

Mondays (excluding the first Monday of each month):

- 11.00am - 12.15pm
- 12.30pm - 1.45pm

Chris

Tuesdays (excluding the first Thursday of each month):

- 10.00pm - 11.00pm
- 11.30pm - 12.30pm
- 2.00pm - 3.00pm

CHRIS AND FRANCIS OFFER MASSAGE ON AN EXPENSES-ONLY BASIS. WE HOPE THAT ANYONE TAKING MASSAGE WOULD CONTRIBUTE £10.00 TO THE CENTRE.

“ I know that it is not a cure but it is certainly something which makes me feel better for a time. Sometimes for a couple of days, but if it is only for that afternoon it is worth it. ”

FOR MORE INFORMATION ON MASSAGE THERAPY, AT THE CENTRE, OR TO ARRANGE AN APPOINTMENT, CONTACT US ON:

0118 901 6000