

Fundraising & Donations

The Henley MS Support Group is entirely self-supporting & will require funding to provide & extend the range of services. The services are funded between the MS Society & the Berkshire MS Therapy Centre.

Treatments are provided free of charge for people with MS, however we do encourage voluntary donations towards the cost of treatments if possible.

For bookings, enquiries or if you are interested in finding out how you can help with fundraising or volunteering please contact: Pippa on **0118 901 6000** or email pippa@bmstc.org

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In partnership with

Henley MS Support Group

A Partnership
Project Between
The Berkshire MS
Therapy Centre
The MS Society
Henley & Districts
Branch



In partnership with

**“The more i learnt
about MS the less
scary it seemed”**

What is Multiple Sclerosis?

MS is an incurable, unpredictable condition. It affects the central nervous system & symptoms occur when the myelin sheath is thinned or lost completely.

What are the symptoms?

The symptoms of MS depend on which nerves are affected. Symptoms may include difficulty moving limbs, fatigue, weakness, balance difficulties, loss of or unusual sensations, pain, bladder problems, double vision & uncertain memory. People with MS may experience any one or a combination of these symptoms.

Who are we?

BMSTC and the Henley & Districts Branch of the MS Society recognise the difficulties experienced by people with MS in the Henley area travelling to the MS Therapy Centre in Reading. We are bringing some of those services as a satellite unit to Henley. The support group will provide a welcoming environment for people with MS & their families in which to relax & exchange ideas & solutions to day to day problems related to living with MS. All of our therapies are provided by qualified personnel. We hope to extend the range of services in the future.

Physiotherapy

Physiotherapy has a vital role to play in helping people to cope with the daily challenge of living with MS. We use a neurological approach enabling MS patients to learn to control & coordinate movement patterns, reduce spasticity & encourage more normal movements, & regain functional abilities. Our physiotherapy programmes are tailored to the individual needs of each MS person & monitored on an ongoing basis by our specialized neurophysiotherapy team.

Functional Electrical Stimulation (FES)

Clinic FES is a relatively new approach which helps people with their walking when suffering from drop foot. With FES, electrical stimulation is provided in a safe way so that a person's leg muscles are activated at the right moment to lift their foot & therefore makes walking easier.

Counselling

A diagnosis of MS can be traumatic. People can feel angry, frightened, worried or even desperate because of the situation. We can provide professional, confidential counselling for individuals with MS. We can also provide counselling sessions for couples.

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