



Presented by:

Nikki Harris – Membership & Volunteer Support Officer

Claire Frew – Marketing & Engagement Officer

Who we are

The Berkshire MS Therapy Centre is a charity based in Reading that offers in-person and online support for local people with Multiple Sclerosis and their families, throughout Berkshire and surrounding areas.



Who we support

We regularly support 400 members with MS, along with their families and carers.

Last year we provided over 15,000 treatments to people with MS



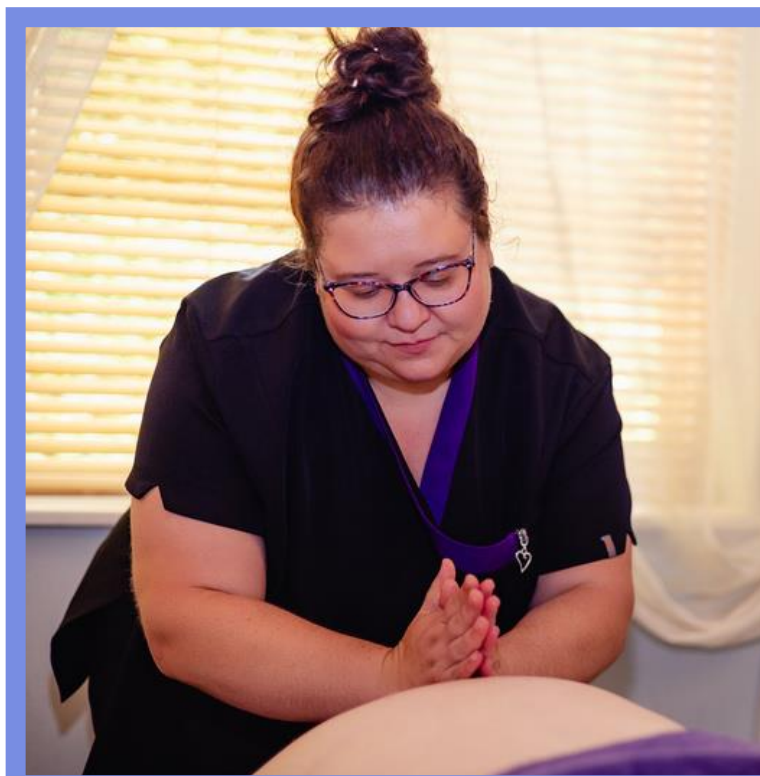
Therapies offered

Core

- Physiotherapy
- Online exercise at home
- Oxygen therapy
- Counselling
- Yoga
- Relaxation and meditation
- Footcare

Complementary

- Massage
- Acupuncture
- Reiki



Community and Social Activities

- Social area
- Singing group
- Manual handling for carers
- Bladder and bowel
- Fatigue management
- Falls prevention
- Digesting Science
- Online physio & yoga videos
- CAB
- Redland Mobility
- Signposting and working in partnership with other MS charities
- MS Nurses
- MS steering group



How people can help us

- Fundraising – donations, events, challenges, corporate contacts
- Becoming a member
- Spreading awareness
- Sharing our posts
- Sharing their stories
- Volunteering
- Non-monetary donations



Feedback and Quotes

- Annual members survey
- Quotes

95%

feel happier due to attending the Centre

94%

report an improved quality of life

94%

say the Centre improves, or maintains, physical health

95%

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.

3%

**It has been a lifeline for me.
Currently I have physio at the
Centre and this is very beneficial
for my mobility, strength and
balance and helps reduce pain. In
the past I have found massage
very helpful, and counselling too. I
have also attended a mindfulness
course which helped me to relax
and cope with pain.**

**It's a lovely friendly place
where we're all in the same
boat so you shouldn't feel
alone. Plus, you can get
everything off your chest
and people will understand
and also give you good
advice.**

Any Questions?

Please come and see us
to chat about the Centre
and to book a tour

Contact us:

0118 901 6000
ms@bmstc.org
www.bmstc.org



@BMSTC



@berksmstherapy



@berkshire-ms-therapy-centre



YouTube

www.youtube.com/@BMSTC