



### SHIATSU

Traditional Japanese healing therapy. Uses hand or finger pressure and gentle stretches to balance the body's energies and enhance its ability to heal itself.

### EXERCISE CLASS

This takes place on a Wednesday morning, two sessions of 40 minutes.



### MOTOMED BIKES, VIBRO GYM, ETC

Our members find the use of Motomed bike, Vibro-gym, treadmill and other equipment extremely helpful, as

it enables them to move parts of the body which would otherwise be immobile and thus improve circulation in the limbs.

*There is a small annual membership fee, which allows members to use the facilities at the centre and receive therapies at a low cost.*

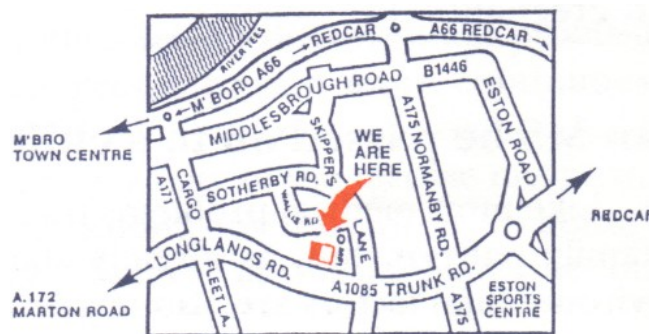
For Further information please don't hesitate to contact us.

## TIMETABLE

| Day               | Therapy   |
|-------------------|---|
| Tues 0930 - 1400  | OxygenTherapy<br>Reflexology/Aromatherapy                   |
| Wed 0930 - 1230   | OxygenTherapy<br>Reflexology/Aromatherapy<br>Exercise Class |
| Thurs 0930 - 1400 | OxygenTherapy   |
| Fri 0930 - 1400   | OxygenTherapy<br>Shiatsu                                    |

Whilst we are here primary to help M.S. sufferers we do use up any spare capacity to treat other conditions.

## Where to find us



Multiple Sclerosis Therapy Centre is situated at the rear of B&Q - through iron gates into the loading area for B & Q, MFI, Matalan etc

A19 onto the A66 (Middlesbrough) Right onto A171 . Left onto A1085 at traffic lights. After retail park left after B&Q ( B&Q on your left.) First left (Hills on lefts, MB on right.) Then 1<sup>st</sup> left through two iron gates.

Please, if this leaflet is of no use to you.  
Don't ditch it, hand it on to some one that  
might need it.



**MS Therapy Centre**

**Unit B1, Stadium Court, Wallis Road**

**Skippers Lane Industrial Estate**

**South Bank**

**Middlesbrough**

**Cleveland. TS6 6JB**

**Tel: 01642-461673**

[www.middlesbroughmstherapy.org](http://www.middlesbroughmstherapy.org)

Email [middlesbroughmstc@gmail.com](mailto:middlesbroughmstc@gmail.com)

**Charity No. 701138**

# WHAT IS MULTIPLE SCLEROSIS (MS) ?

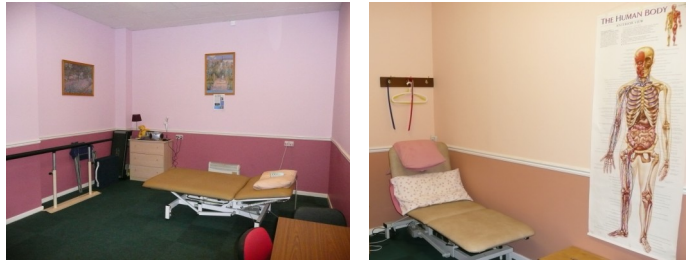
MS is an incurable and unpredictable disease of the central nervous system. It can strike anybody, anytime, with little warning and its cause is unknown. As with all chronic illnesses, the problems are both physical and emotional. The severity and frequency of symptoms varies from person to person. Obvious symptoms include loss of co-ordination, slurred speech, visual disturbance, bladder problems and difficulty with fine movements.

Emotional problems arise from the uncertainties associated with MS. The disease is usually characterised by attacks, followed by periods of remission, although each attack tends to leave residual problems. Some people have a more continuously progressive form of the disease. The unpredictable nature of the disease means that no one knows how or when it is going to strike or how long the symptoms will last. As a result, financial and social difficulties may arise and great stress can be felt by both the MS patient and their family. It is difficult to know where to turn for help.....



# WHO ARE WE? MULTIPLE SCLEROSIS THERAPY CENTRE

The Middlesbrough MS Therapy Centre is an independent self help charity that provides a unique service of low cost therapies for MS sufferers, their carers and their families. Although MS is at yet incurable, much can be done to improve the quality of life of MS sufferers.



The MS Therapy Centre opened in 1985 by local people affected by MS. Its aim is to provide MS sufferers in Tees Valley and surrounding areas with therapy, support and information. The centre provides a range of vital therapies aimed at limiting the problems of MS. Currently these are Oxygen Therapy, Physiotherapy, Yoga, Aromatherapy, Reflexology, and Shiatsu. We also provide support and therapies to sufferers with other neurological disorders.

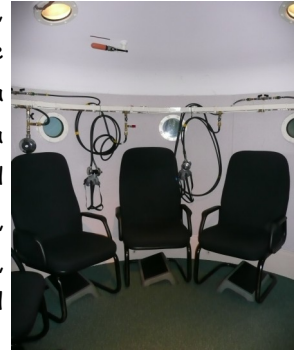
A members led management committee runs the centre and we have a team of volunteers who help with day-to-day tasks.

We are not part of a larger organisation and are totally self funding. We receive no government funding and raise our income through member's donations towards the cost of treatment along with the fundraising efforts of our members, volunteers and local businesses.

# WHAT WE OFFER

## HIGH DOSAGE OXYGEN THERAPY

This involves breathing pure Oxygen in a pressurised vessel for 1 hour. Normally, after an initial intensive course, members have a weekly session. It is not a cure but patients have found relief from various symptoms, including bladder problems, visual disturbance and fatigue.



## REFLEXOLOGY

Massage of various points on the feet, stimulating healing in other parts of the body. This is very relaxing and promotes a feeling of well-being.



## AROMATHERAPY

Gentle massage with essential oils, administered by a trained practitioner, which helps the body to relax and reduce stress.