



Kent
ms
Therapy Centre

The logo features a stylized green leaf icon to the left of the text. The word 'Kent' is in a blue sans-serif font, 'ms' is in a larger, bold blue sans-serif font, and 'Therapy Centre' is in a blue script font below it.



kentmstc.org



About us

The Centre is here to support anyone affected by MS and other neurological conditions such as Parkinson's and stroke. Our activities help people to alleviate symptoms, manage their condition, improve and sustain their physical and mental health and wellbeing. Our bespoke building was built in 2015 and last year we celebrated our 40th anniversary.

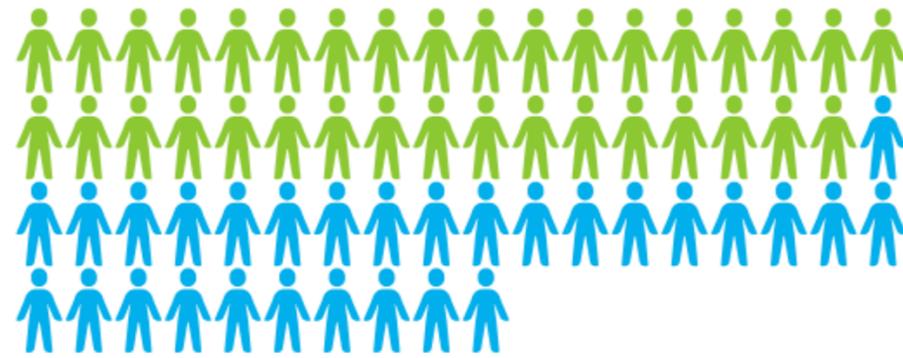
We provide a range of therapies that can help to combat the symptoms of MS and other long term health conditions.

- Oxygen therapy
- Hydrotherapy
- Physiotherapy
- Counselling
- Gym

- Massage
- Reflexology
- Pilates/Yoga
- Acupuncture
- Podiatry

2024 Statistics

See how our Centre and therapies have been used throughout the last year...



560 distinct individuals used our therapies

262 - MS Members

298 - Associate and other Members

Therapy Highlights

Most Popular:



255 individuals used oxygen therapy with **4667** attendances



184 individuals had a massage/reflexology session with **1949** attendances



96 individuals attended a gym session, **1378** attendances

Increase in distinct beneficiaries:



139 individuals accessed a physiotherapy assessment, **106** in 2023



121 individuals attended a hydrotherapy session, **106** in 2023



Main disability/condition of attendees:

46.7%

Multiple Sclerosis

12.3%

Other neurological conditions incl. Parkinson's/Stroke

41%

Other conditions

Age of attendees

59.5%

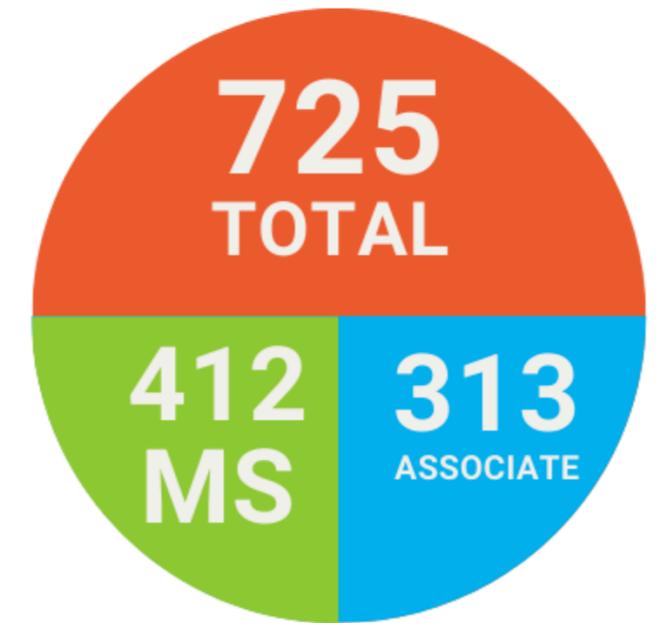
55+

34.8%

Under 55 (5.7% unknown)



attendances across all our therapies



Membership figures

Oxygen Therapy

We offer oxygen therapy here at our Centre in Canterbury. The Oxygen chamber can provide a significant increase in the amount of oxygen entered into the bloodstream assisting in the body's natural healing process.

It can help to improve a range of symptoms. For example, it can reduce chronic fatigue and pain, improve sleep quality, mobility and mood. It can also help to heal injuries and wounds.

Oxygen therapy can assist with MS symptoms, Fibromyalgia, CFS/ME, migraine and cluster headaches, sports injuries, Long Covid symptoms, diabetic ulcers, acquired brain injury and stroke, Parkinson's and Lyme disease.



Room Hire

Our building was built in 2015 and is a bright, positive space with great facilities. We are located on the outskirts of Canterbury with our own parking and lovely outdoor space.

Our building is fully accessible with lift access to the first floor. We have multiple disabled toilets, free parking and wifi. We offer a range of different rooms available to hire to suit workshops, networking events, training days and more.

Prices are charged on an hourly basis with negotiable terms.



Hydrotherapy Pool
£50 per hour



Meeting Room
£20 per hour



Social Area
£20 per hour



Treatment Room
£15 per hour

For more information and to book contact fundraising@kentmstc.org

Ways you and your business can help support the Kent MS Therapy Centre

- Share and like our posts
- Complete a challenge event
- Host a fundraiser
- Provide your services at a reduced rate
- Corporate volunteering
- Sponsor an event

Thank you for your support, it allows us to help more people to benefit from our services.

Find out more:



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