

## What Harrow MS Therapy Centre does for its members

Since 1984, Harrow MS Therapy Centre has helped people in the north west London area with multiple sclerosis to improve their quality of life.

We offer physiotherapy, hyperbaric oxygen tank therapy, and other therapies such as chiropody, yoga, reflexology, and massage. We also provide support, information and advice, to help people understand and live with MS and its symptoms.

- **Physiotherapy** helps people with MS to strengthen muscles and maintain control and balance. We provided 4,012 treatments to 147 people in 2013.
- **Oxygen therapy** allows people with MS to benefit from breathing pure oxygen at higher pressures, providing relief from symptoms. In 2013 we gave 2,451 treatments to 110 people.
- **Exercise classes** at the Centre are specially made for people with MS, and supervised by our physiotherapists.

## A social Centre

For many people the Centre is one of the only places for social contact during the week. Our members enjoy coming here, and many ways of coping with MS are talked about over tea and biscuits.

**This friendly, social side of the Centre is very important to our members.**

“At first when I was diagnosed, I thought I was the only person in the world with MS. It felt like that. Coming here, you meet other people who have the same illness. It makes you realise that you’re not alone, you’re in it together.”  
— Jerry, member and Chair of Trustees

## Sharing knowledge, experience and advice

In addition to the therapies, we provide day-to-day help and advice to those who are newly diagnosed, and also where MS is a long-term, continuing problem.

We help members, their families and carers with a wide range of issues.

We ask our members for donations to help with the cost of running the Centre, but **we always give treatment to those who need it**, even if they cannot always make donations.

**We rely a lot on the goodwill of people like you to keep our work going.**

Thank you for all your generosity!

“[Harrow MS Therapy Centre] is essential. I feel that without it I would be substantially worse off now. To me, it’s a lifeline.” — Mike, member

**Find out more about what we do on our website at [harrowmscentre.co.uk](http://harrowmscentre.co.uk)**