

# CHAMBER CHAT

West Yorkshire MS Therapy Centre, 3a Gelderd Lane, Leeds, LS12 6AL  
Tel: 0113 263 7375

October 2018

## Annual General Meeting



19 November 2018  
2pm

## ARCTIC WILDERNESS CHALLENGE

### AGENDA

#### CHAIRMAN'S REPORT FINANCIAL RETURNS 2017 OPEN DISCUSSION

Everyone is encouraged and welcome to come and ask questions and meet the committee.

**We are also looking for new committee members!**  
**The meetings usually last around 40 minutes and take place every 6 to 8 weeks.**

**We are a friendly bunch who just need some more voices and opinions on how the centre is being run and how to keep it running for the future.**

**Linda  
Secretary  
MS Therapy Centre**

We are sending Joanne off to the Arctic Circle on January 25th! On her first night there she will stay in a cabin with a wonderful view, but no water or electricity!!

For the next 4 nights she will be building an igloo to sleep in and a hole for the 4 or 6 husky dogs she will be 'mushing' for up to 7 hours every day. A lot of training is happening for this winter wonderful event! Joanne will be allowed to eat, though she will have to cook on an open fire. I must stress this is not one of Joanne's unusual holiday trips, she will be raising funds for the centre. **If you could sponsor her it would give her a warm glow as she is curled up in her igloo!**



# CHAMBER CHAT

West Yorkshire MS Therapy Centre, 3a Gelderd Lane, Leeds, LS12 6AL  
Tel: 0113 263 7375

**October 2018**

## **GOOD NEWS!**

**We have very kindly had some large donations to the centre. The stipulation being that it is to improve the centre for the members.**

**The committee have decided to put in a new kitchen, hand rails in the toilets, tidy up the chamber area and put better hand rails to the outside entrance. We hope this will be done shortly and over a weekend. We apologise for any noise or disruption this may cause.**

## **EXCITING NEWS!**

**We are about to order an Infra-Red Sauna. This will be available to all members, it will be wheelchair accessible, and no you don't have to take your clothes off! It will be in the 'old' therapy room next to the physio room. The health benefits from the Sauna include clear toxins in the body, help with pain**

**improve skin conditions and much, much more than we can list. You can see the Sauna on the web site: [Clearlight](#)**

Committee

**We need your Help and Ideas What would you like in the Chamber Chat? Healthy Recipes, Tips, Quiz or Crosswords or something you would like to contribute or can help with. Please let Joanne Know.**

**We were also thinking of a Race Night or a Quiz Night or do you have any other ideas? Of course these could be done during the day if you would prefer.**

**People are talking a lot about Loneliness and this could affect anyone, what about having a social afternoon at the centre? The centre is open to everyone to come along and meet people have a drink and biscuit etc. You only need to be a member if you are receiving therapies. Please if you know anyone who might enjoy a few hours at the centre please bring them along.**