

Chamber Chat

January -
February
2024

Unit 3A, Olympia Business Park, Gelderd Lane, Leeds LS12 6AL Phone: 0113 263 7375

Happy New Year!

It's good to be back, rested and not too hungover. We hope you all had the best time over Christmas and the New Year. This is a short issue but covers a couple of important points.

Annual membership now due

Because it's part of our charter as a charity, everyone who uses our services has to be a member. Membership is £20 per person per year.

You can pay this with cash, or by cheque or online banking. If you do pay using online banking, please let us know, and **please do it with a separate reference of "M"**.

The Big Four Oh!

The best MS Therapy Centre in the UK is celebrating its fortieth year this year!

We have a few ideas about how we'd like to mark this landmark year, but we'd like to hear your suggestions. So far, we've thought about a calendar (and even persuaded Paul to keep his clothes on for this one); a talent show; a fashion show; a treasure hunt. However, if you have a brilliant suggestion, we're all ears!

Come and talk to us. :-)

Let's get quizzical

Our last quiz night raised over £800!

Thank you to everyone who took part and made it such a special night.

We've arranged a bulk discount with Paul's therapist and he's (reluctantly) agreed to host another one in April. To add to his pain, one of his musical friends has offered to facilitate a singalong spot during the mid-session interval (she's a magician on the piano). Let us know if this is something you'd like us to include, along with your suggestions for songs. And, if there's sufficient interest, we may even put this on as a separate event.

Opening times

Monday	9am to 3.30pm
Tuesday	8am to 12.30pm
Wednesday	9am to 4.30pm
Thursday	Check with the staff*
Friday	8am to 3.30pm
*Thursday: Opening on Thursdays are subject to demand.	

Please keep in touch

It's important to let us know if, for any reason, you are unable to attend a session that you have booked. And it's also important to give us as much notice as possible!

By letting us know in plenty of time, we are able to offer your slot to someone else who could make use of the opportunity.

If at all possible, call us. At busy times, we can't always pick up text messages or emails. And if Jo is away, we have no way of accessing her emails! Also, Jo needs her rest too, so no calls at 6am or weekends please!

Running dives with empty seats costs us money. And our rent is due to increase in April. Thanks to a couple of generous donations we are able to keep our suggested oxygen donation at £16.

Take a deep breath!

To get the maximum benefit from your sessions, please make sure you have your mask on before the door closes, and keep it on until the door opens again.