

Charcot Therapy Centre Newsletter

Latest News!

Welcome to the latest issue of the Charcot Therapy Centre newsletter, and the first one for 2022!

We've had a busy couple of months at the Charcot, and we were very happy to welcome Richard Graham, MP for Gloucester to our centre.

We have launched Mindfulness March, with the introduction of Gong Bath Meditation on Monday afternoons, for a trial four week period. In addition, Ellie Stafford's Seated Fitness and Fun classes is moving to a new day/time slot, and will now be on Wednesdays at 11am. If you would like further information on either of these sessions, or indeed, any of our therapies please contact Jade on 01452 419246.

In other news, we are introducing Yulefest which is otherwise known as Christmas in July. As you are aware the last two years we have been unable to host our usual Christmas Lunch for our members due to the pandemic, so we are hosting a one off Yulefest. Yulefest is celebrated in Australia in July as this is their Winter period, so we thought it would be nice to have our own. We are looking for raffle prizes and donations for this event, so if you have anything you would like to donate in terms of prizes, hampers, gift vouchers etc. We would be very grateful for any prizes we receive.

Until next time!

Rachael Mason, Centre Manager



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Richard Graham Visits The Charcot



- In February Richard Graham, MP for Gloucester visited the centre with Jennie Watkins, chief of staff and met with Duncan Smitton, Chairman and Rachael Mason, Charcot Therapy Centre Manager.
- During the visit he was shown around the centre and introduced to all the changes we had made during the last few years, particularly during the pandemic.
- Duncan spoke to Richard about the long term plan for the centre following the change of our working name, and the charity strategy going forward.
- There were discussions around funding programmes, as a small, self funded charity we are always looking for corporate backing to assist us in delivering our long term goals.
- Richard is putting us in touch with his case worker to help us reach out to more people that we could be helping with the services and therapies that we offer.
- It was our pleasure to welcome Richard and Jennie to our centre and to show them the improvements and the positive impact we've had on the local community.

'Reaching so many more people in so many different ways and in a way that can go on thriving for a long time to come.' — Richard Graham

Spotlight On Jade Barnes

Jade joined our centre in November 2021 as our new Service Delivery Co-ordinator. She is responsible for overlooking all the therapies that the centre has to offer, and organises any new therapies.

Previously Jade worked as a shift leader in residential care, and has worked in childcare prior to joining our centre.

Jade lives in Gloucester with her daughter.

On asking about her time at the Charcot Jade said, 'I love coming to work, the team of volunteers have welcomed me. The centre has created an environment where regardless of condition we are always able to offer a therapy or service, with no judgement. In particular following the various lockdowns it has become apparent how helpful and needed we can be for people living with long term conditions like long covid. The centre creates a community feel, and goes above and beyond helping people and keeping them safe during the pandemic.'

Gfitness Collaboration



In 2021 when the centre reopened following the first national lockdown we were pleased to launch a collaboration with Gfitness.

Gfitness are based in Gloucester, but work throughout the UK in more than 2000 locations. They primarily work within the care home sector to provide exercise therapy helping people living with complex health conditions.

Initially Gfitness provided a weekly Pilates class for our members, which was supported by Sport England, through Active Gloucestershire grants, and then it became apparent that the relationship between our charity and Gfitness could be built on.

Simon Grodentz, Managing Director, now provides two weekly Pilates sessions and individual 1:1 exercise therapy sessions, both at home and at the centre to our members.

The relationship between us continues to flourish and we look forward to this continuing in the long term.

If you are interested in joining one of the Pilates classes, or would like to discuss 1:1 exercise therapy, please contact Jade on 01452 419246.



Hyperbaric Oxygen Therapy & Fibromyalgia

According to statistics, more women than men live with fibromyalgia. A study in Tel Aviv, Israel followed 48 women, over a period of two months, who undertook hyperbaric oxygen therapy as a means of managing their fibromyalgia and its symptoms.

The results of the study found that in every case there were improvements in every participant. Brain scans of the women before and after treatment corroborated the theory that abnormal responses in pain-related areas of the brain may be responsible for the syndrome, and that HBOT can actually catalyze healing of the malfunctioning areas of the brain. (Fibromyalgia News Today, June 9th 2015)

At the Charcot Therapy Centre we always say that everyone reacts differently to our therapies. Hyperbaric oxygen therapy is not a cure, but it may help alleviate some of the symptoms. Our members living with Fibromyalgia in particular notice a positive improvement in their pain and fatigue levels.

On speaking to one of our members they had the following feedback:

'I had recently read an article about the effects of oxygen therapy and fibromyalgia when a friend referred me to the centre so I wanted to try and see if it would help me at all. Having had an initial visit and discussion I decided to start with a 20 session saturation and then continue it twice a week to top up in the hope that it would improve my symptoms.

After the saturation sessions I did start to notice an improvement in my energy levels and cognitive ability, this was also proven to be due to the oxygen when I had to take a break for a few weeks due to other circumstances but I did notice that I was deteriorating again during that time.

While I always feel a bit tired on the day after the oxygen therapy it has definitely improved my quality of life with continued once a week sessions just getting that bit more of myself back. I would highly recommend it to anyone with fibromyalgia or any other condition that's able to use it. Attending oxygen therapy opened a new little world up to me, the whole centre itself has a welcoming and relaxing effect that helped me so much that I became a trustee and have found purpose and value in myself again. There are sadly no miracle cures but when you find something and somewhere that helps those little things can add up to a very big difference. Which is exactly what I found at the Charcot Therapy Centre.' Vikki Sewell, trustee and member.

Please contact Jade Barnes on 01452 419246 or email info@thecharcot.org.uk for further information.

Wanted! Oxygen Operators

At the heart of the Charcot Therapy Centre are our members and our fantastic team of willing volunteers.

We are currently seeking some additional volunteers for our busy centre, specifically to help operate the Oxygen chamber.

All our Oxygen Sessions are run solely by volunteers. With each session being monitored by a Senior Oxygen Operator and an Oxygen Operator.

All our volunteers have a passion towards what the centre delivers, and are the life blood of our centre.

If you would like to get involved, please contact Rachael Mason on info@thecharcot.org.uk or call us on 01452 419246.

Spotlight On Multiple Sclerosis

Name: Multiple Sclerosis (MS)

Multiple Sclerosis (MS) is a condition that can affect the brain and spinal cord, causing a wide range of potential symptoms.

According to the Multiple Sclerosis Society, it is believed that approximately 110,000 people are currently living with MS in the UK, with a further c5000 new cases being diagnosed each year. It is more prevalent in the female population and is most likely diagnosed in the 20-30 age range.

There is no known cure for MS, although in the majority of cases there are treatments available to reduce the symptoms and/or reduce the relapse likelihood. Currently it is unknown what causes MS to occur, and this is still being researched.

There are many known symptoms of multiple sclerosis, but some of the more common ones include: widespread pain, vision impairment, mobility issues, fatigue, depression, muscle stiffness, spasms, difficulty sleeping, slurred speech, incontinence, choking/eating difficulties, memory and concentration issues (MS-fog)

People living with this condition often feel isolated due to the variety of symptoms. At the Charcot Therapy Centre, we were initially a MS Charity, and provided alternative therapies that people could use to compliment the traditional medical options.

I attend the Charcot Therapy Centre weekly for a variety of therapies and classes. I receive weekly massages to aid my mobility as it reduces my stiffness, and the chair based exercise classes are great for keeping me moving, when I'm able to, as I wouldn't like to go to a gym where people can see I have extra needs.

Following a bout of Covid I've recently started weekly oxygen sessions as well to hopefully improve my fatigue levels.

But the most important thing I get from the centre is company. It is my safe space. There is no judgement and I can just be me when I'm there'. Rachael Smiton, Member of Charcot Therapy Centre

MS Society
www.mssociety.org.uk
0808 800 8000
MS:UK
www.ms-uk.org

Hydroscand Interview Rachael Mason

The Charcot Therapy Centre has over 35 years of experience helping and working with people in the Gloucestershire area, living with long term health conditions, specialising in Multiple Sclerosis and other neurological disorders. They provide members with access to a variety of therapies including hyperbaric oxygen therapy, massage, and acupuncture to name a few.

We are proud that we have been a supplier to the Centre for over seven years.

How long has Hydroscand been working with the Charcot Therapy Centre?

"The centre opened in 1985 in the same industrial estate as Hydroscand. We always needed pipes and went along to the branch. Since then, we have been using Hydroscand, even though we moved away to another premises in 2017.

"I have been with the centre for over seven years, and we were already working with Hydroscand."

Why use Hydroscand?

"As a centre we have a Hyperbaric Oxygen Chamber, which is used by our members who have varying different conditions. We have seats outside of the Oxygen Chamber, and oxygen is delivered through masks from specialised hoses / pipework to members. Hydroscand understand how our Chamber works with all the hoses, even though it is outside of what they do."

What jobs have Hydroscand done for the Charcot Therapy Centre?

"They recently installed pipes outside of the Chamber."

Nick Thomas, Branch Manager at our Gloucester branch said: "We ordered in the correct air breathing hose and made up three hose assemblies complete with stainless steel hose inserts. I went to the centre to fit them and tested them to make sure they were working ok."

Rachael said: "Prior to this, they have replaced pipes. I have left it with them, and they worked their magic."

What makes you come back to Hydroscand?

"Nick is awesome. We need the product, but building a relationship is more important than the product. We have a unique piece of equipment. There are 64 MS Therapy centres across the country who deliver this therapy. We have Hydroscand up the road who understand the pipes, they get it.

"There is a lovely team in Gloucester, they are brilliant."

What is the future for the Charcot Therapy Centre and Hydroscand?

"I won't go anywhere else. Why spoil the relationship, they know how it works. People who stay with you, will keep spending with you."

Nick said: "It's great that Hydroscand were able help a very good cause. Moving forward, I hope we can support them with any other hose they may require or if we can help them in any other way."



Spotlight On Grants & Donations Q1 2022

We would like to take this opportunity to thank all of the following companies and trust funds for their generous donations:

- National Lottery

We would also like to extend our thanks to all our previous donors, fundraisers, supporters and corporate community day participants

Services Available To Members

Below is a list of all the current services/therapies that are available at the Charcot Therapy Centre:

- Oxygen Therapy
- Seated Fitness & Fun (with a Yoga instructor)
- Pilates (Seated & Mat based)
- Gong Bath Meditation (limited duration)
- Exercise Therapy
- Swedish Massage
- Sports Massage
- Acupuncture
- Reflexology
- Cognitive Behaviour Therapy
- Talking Therapy
- Power-Assisted Exercise Suite
- Cyclossage
- Art Therapy
- Reiki
- Alexander Technique
- Meditation and Mindfulness
- Beauty Therapy
- Assistance With Completion Of PIP/ESA/Attendance Allowance Documentation
- Private Facebook Members Group
- Charcot Therapy Centre Carers Network (coming soon)

How You Can Help

There are various ways with which you could help our Centre.

- Corporate Grants
- Donations
- Fundraising
- Time
- Leaving A Legacy

Please contact us for further information on 01452 419246.

Charcot Therapy Centre

71-75 Frampton Road
Gloucester
GL1 5QB

