

CHOCICES



THERAPY CENTRES (UK & Ireland)

ENGLAND

Bedfordshire

Beds and Northants MS Therapy Centre

Bradbury House, 155 Barkers Lane, Bedford. MK41 9RX

Tel. 01234 32578

Fax. 01234 365242

mscentre2@community.co.uk

www.mscentrebdsandnorthants.com

Contact: Valerie Woods

Opening times: Mon - Fri 9.30am - 4pm, some evenings & Saturday mornings

Therapies available: MS Specialist Nurse, Physiotherapy, Orthotics, Hydrotherapy, Gym, Occupational Therapy, Neuro Rehab Consultant, Dietician, Counsellor, Oxygen Therapy, Speech Therapy, Bladder Clinic, Reflexology, Shiatsu, Pilates, Yoga, Computer Training, Hairdressing, Manicures & Pedicures

Berkshire

Berkshire MS Therapy Centre

Bradbury House, 23a August End, Brock Gardens, Reading, Berkshire, RG30 2JP

Tel. 0118 901 6000

Fax. 0118 901 6001

ms@bmstc.org

www.bmstc.org

Contact: Pippa Vincent-Cooke

Opening times: Mon 9am-5pm, Tue 9am-7pm, Wed-Fri 9am-5pm, Sat 9am-11am

Therapies available: Physiotherapy, FES Clinic, Oxygen Therapy, Yoga, Massage, Foot Care, Counselling, Acupuncture, Reiki, Spinal Reflexology, Computer Training

Bristol

The West of England MS Therapy Centre

Bradbury House, Wheatfield Drive, Bradley Stoke, Bristol. BS32 9DB

Tel. 01454 201686

info@mstherapybristol.org.uk

www.mstherapybristol.org.uk

Contact: Doro Pasantes

Opening times: Monday - 9am – 6.30pm, Tues - Friday - 9am-5pm

Therapies available: Physiotherapy, Oxygen Therapy, Acupuncture, Aromatherapy, Reflexology. MS Clinic with MS Nurse & Continence Advisor, Counselling, Exercise Classes

Buckinghamshire

Chilterns MS Centre

Scarlett Avenue, Halton, Aylesbury, Bucks, HP22 5PG

Tel. 01296 696133

Fax. 01296 696133

info@chilternsmcentre.org

www.chilternsmcentre.org

Contact: Marion Bryant (CEO)

Opening times: Mon - Fri 9:00am – 17:30pm

Therapies available: Physiotherapy, Assessments, Acupuncture, Reflexology, Pilates, Oxygen Therapy, Occupational Therapy, Orthotics, Podiatry, MS Nurse, Benefits Advice, Mobility Aids, Yoga, Speech Therapy

MK Multiple Sclerosis Therapy Group

Milton Keynes MS Therapy Centre, 4 Hollin Lane, Stacey Bushes, MK12 6HT

Tel. 01908 225907

mkmstherapygroup@btconnect.com

www.mkweb.co.uk/mkmstg

Contact: Roz Heredia

Opening times: Mon 9.30am-2pm, Tue 10am-2pm, Wed 10am-12pm & 5pm-8pm, Thurs 10am-12pm, Fri 10am-2pm

Therapies available: Oxygen Therapy, Massage, Reflexology, Reiki, Physical Therapy, Help & Advice

Cambridgeshire

Huntingdon, Peterborough & Cambridge MS Therapy Centre

Bradbury House, Mayfield Road, Huntingdon, Cambridgeshire. PE29 1UL

Tel. 01480 458688

info@huntsmstc.org.uk

www.huntsmstc.org.uk

Contact: Zena Betts

Opening times: Mon, Tues and Thurs 9am-4pm

Therapies available: Nutritional Advice, Reflexology, Oxygen Therapy, Aromatherapy, Shiatsu, Counselling, Bowen Technique, Reiki, Indian Head Massage, Chiropody, Chair Aerobics, Balance Activities, Hopi Candles, Hot Stone Massage, Swedish Massage, Osteopathy, Physiotherapy, Facial rejuvenation, Manicure, Pedicure, Motomed Bike, Vibrogym, Toning Table.

Cheshire

Chester Multiple Sclerosis Support Centre

Unit C4, Brymau Estate 1, River Lane, Saltney, Chester CH4 8RG

Tel. 01244 678619

Fax. 01244 678619

mssupport@btinternet.com

www.mssupport.co.uk

Contact: Jane Johnston-Cree MCSP

Opening times: Mon-Thurs 9.30am - 4.30pm, Friday 10am—3pm, Sat 10am-12pm (Oxygen Therapy Only)

Therapies available: Oxygen Therapy, Physiotherapy, Massage, Tai Chi, Nia, Advocacy Service, Benefits Advice, Continence Advice, Counselling, Dietetics, MS Nurse, Respite Care and Relaxation planning, Information, Support and Activities for Carers, Pilates, Reflexology

Cornwall

Cornwall MS Therapy Centre

Merlin Project, Bradbury House, Hewas Water, St Austell, Cornwall. PL26 7JF

Tel. 01726 885530

manager@merlinproject.org.uk

www.merlinproject.org.uk

Contact: Lorraine Long

Opening times: Mon—Fri 9.30am—5pm

Therapies available: Oxygen Therapy, Neuro Physiotherapy, Therapeutic Massage, Spiritual Healing, Reiki, Reflexology, Facial Reflexology, Temprana Reflex Therapy, Bowen Technique, Indian Head massage, Hopi Ear Candling, Spinal Touch, Back, Neck & Shoulder Massage, Nutritional Therapy, In-house Hairdresser, Chiropody, Podiatry, Counselling, Pilates, Yoga

Devon

South West Multiple Sclerosis Therapy Centre

West Grange, Clyst Heath, Exeter, Devon EX2 7EY

Tel. 01392 447411

Fax. 01392 447412

info@southwestmscentre.co.uk

www.southwestmscentre.co.uk

Contact: Caroline Smith

Opening times: Mon, Tues, Thurs, Fri: 9.00am – 4.30pm, Weds 9.00am - 7.00pm

Therapies available: Oxygen Therapy, Physiotherapy, Electro Magnetic Therapy (Viofor treatment), Exercise Classes, Yoga, Massage, Indian Head Massage, Reflexology, Emotional Freedom Technique, Chiroprody, Aromatherapy, Information Room

Dorset

Dorset M.S. Therapy Centre Ltd

Braemar House, Moor Lane, Sturminster Marshal, Dorset BH21 4BD

Tel. 01258 857174

info@dorsetmstherapycentre.co.uk

www.dorsetmstherapycentre.co.uk

Contact: Heather Michie

Opening times: Mon, Tues & Wed: 9.00am-2.00pm

Therapies available: Oxygen Therapy, Physiotherapy, General advice

Essex

CHARMS The Essex Therapy Centre

20 Grafton Place, Montrose Road, Springfield, Chelmsford, Essex CM2 6TG

Tel. 01245 461212

therapy@charms.fsnet.co.uk

www.charms.fsnet.co.uk

Contact: Judith Wright

Opening times: Wed & Fri 9.30-4.30, Sat 9.30-12.30

Therapies available: Oxygen Therapy, Aromatherapy, Advocacy Service, Counselling, Massage, Drop-in Centre, Exercise

Gloucestershire

Gloucestershire Multiple Sclerosis Therapy Centre

Goodridge Ave, Gloucester, Gloucestershire GL2 5EA

Tel. 01452 419246

selfhelp@glosmsinfo.freeseve.co.uk

www.glosmsinfo.org.uk

Contact: Marion Hirlehey

Opening times: Tue 9.30am-2.30pm, Wed 9.30am-2.30pm & 6pm-8pm, Wed-Fri 9.30am-2.30pm

Therapies available: Oxygen Therapy, Physiotherapy, Reflexology, Remedial Massage, Shiatsu, Indian Head Massage, Reiki, Acupuncture, Drop in centre & Information centre.

Hampshire

Farnborough MS Support & Therapy Group

Room 6, Farnborough Community Centre, Elles Hall, Meudon Avenue, Farnborough GU14 7LE

Tel. 01252 616451

mssupport@virginmedia.com

www.mssupport.org.uk

Contact: Andrea Ballard

Opening times: meet every Thursday 10am-1pm

Therapies available: Nutritional Advice, Exercise, Massage, Reflexology, Reiki, Support Group, Yoga

Solent Multiple Sclerosis Therapies Limited

Bradbury House, 56 Hewett Road, Portsmouth, PO2 0QP

Tel. 02392 699116

mssolent@btinternet.com

www.smstherapycentre.org.uk

Contact: Mike Gumbrell

Opening times: Mon - Weds 9am - 4pm, Thurs 9am - 5.30pm, Fri 9am - 12.30pm

Therapies available: Oxygen therapy, Physiotherapy, Osteopathy, Reflexology, Massage, Foot Therapist

Herefordshire

Herefordshire MS Therapy Centre

31 Mostyn Street, Hereford, Herefordshire. HR4 0ED

Tel. 01432 261249

herefordmstherapies@yahoo.co.uk

www.herefordmscentre.co.uk

Contact: Lisa Shaw

Opening times: Mon 9am—2pm, Tue 9am—3pm, Wed 9am—2pm, Thur 9am—3pm, Fri 9am—2pm

Therapies available: Reflexology, Oxygen Therapy, Indian Head Massage, Ear Candling, Acupuncture, Physiotherapy, Yoga

Hertfordshire

Hertfordshire Multiple Sclerosis Therapy Centre

30 Campus Five, Letchworth, Herts SG6 2JF

Tel. 01462 684214. Fax. 01462 487172

enquiries123@hmstc.net

www.hertsmstherapy.org.uk

Contact: Mark Boscher

Opening times: Mon-Fri 9am – 5pm

Therapies available: Physiotherapy, Oxygen Therapy, Massage, Reflexology, Yoga, Counselling, Art club, Chiropractor, Chiropody, EFT, Osteopath, Reiki, MS Nurse.

Kent

Kent MS Therapy Centre

Merton Lane (North), Canterbury, Kent CT4 7BA

01227 470876

Info@kentmstc.org

www.kentmstc.org

Contact: Karen Middlemiss

Opening times: Open for therapy Tues from 9am – 4pm, Wed 9am – 5pm, Thurs from 9am – 4pm. By appointment only Mon – Fri.

Therapies available: Oxygen Therapy, Physiotherapy, Reflexology, Indian Head Massage, Massage, Counselling, MS Nurse Workshops & Drop-in Sessions, Continence Advice, Nutritional Advisory Clinic, Podiatry, Occupational Therapy, Acupuncture

Swanley Therapy Centre (SUMS)

Unit 8 Park Road Ind Estate, Swanley. Kent. BR8 8AH
Tel. 01322 663042

sums.manager@btconnect.com

www.swanleytherapycentre.org

Contact: Jean Wilkshire

Opening times: Tue, Wed, Thurs & Saturday 9am-1pm

Therapies available: Physiotherapy, Reflexology, Oxygen Therapy, Chiropodist

Leicestershire

Leicestershire MS Therapy Centre

31 Freemans Common Rd, Leicester, Leicestershire. LE2 7SQ

Tel. 01162 557104

ms.therapy@tiscali.co.uk

www.leicsmstherapycentre.org.uk

Contact: Jo Hill

Opening times: Mon-Thur 9am-4pm

Therapies available: Reflexology, Oxygen Therapy, Physiotherapy, Massage, Aromatherapy, Counselling, Yoga, MS Nurse, Drop-in Centre, Foot Practitioner, Hot Stone Treatment, Hairdresser

Lincolnshire

Lincolnshire MS Therapy Centre

50 Outer Circle Drive, Lincoln, Lincolnshire. LN2 4JH

Tel. 01522 543333

lincsms@aol.com

www.lincsms.ukhot.com

Contact: Maureen Patten

Opening times: Mon-Thur 9am-3pm

Therapies available: Oxygen Therapy, Physiotherapy, Reflexology, Massage, Pilates, Vibrogym.

London Area

Harrow Multiple Sclerosis Therapy Centre

Harrow School Farm, Watford Road, Harrow HA1 3TS

Tel. 020 8423 6268

enquiries@harrowmstherapy.co.uk

www.harrowmscentre.co.uk

Contact: Lynn Hurst

Opening times: Monday - Friday 8.30am - 5.30pm, Tuesday 8.30am - 9pm

Therapies available: Oxygen Therapy, Physiotherapy, Yoga, Chiropody, Holistic Massage, Reflexology, Hot Stones, Indian Head Massage, Sports Massage.

MS Action

Unit 17, Waltham Park Way, Billet Road, Walthamstow, London. E17 5DU

Tel. 0208 531 9216

msaction@fsmail.net

<http://msaction.giving.officelive.com/default.aspx>

Contact: Jan Robinson

Opening times: Mon 9am-4pm, Tue 9am-8pm Wed, Thur 9am-5pm, Fri 9am-2pm, Sat 8.45am -1.30pm

Therapies available: Oxygen Therapy, Acupuncture, Aromatherapy, Beautician, Bowen Technique, Chinese Herbal Medicine, Chiropody, Homeopathy, Hypnotherapy, Indian Head Massage, Reflexology, Reiki, Shiatsu, Yoga, Emotional Freedom Technique (EFT), Counselling, MS Nurse

Manchester Area

The MS Therapy Centre (NW)

The Corner House, Fourth Avenue, Trafford Park, Manchester, Greater Manchester. M17 1DB

Tel. 0161 872 9444

info@tmstc.org

www.tmstc.org

Contact: Barbara Cartwright & Martin Moroney

Opening times: Tues 10-8.30, Wed, Thurs 10-4

Therapies available: Nutritional Advice, Reflexology, Oxygen Therapy, Physiotherapy, Massage, Aromatherapy, Counselling, Hypnotherapy, Indian Head Massage, Reiki, Hopi Ear Candling, Chiropody, Acupuncture, Electro Magnetic Therapy, Tai Chi, Drop in Centre, MS Info Point, Pilates, Carer Support

Norfolk

Chedgrave MS Therapy Centre

Unit 11, Langley Road Industrial Estate, Chedgrave, Norwich, NR14 6HD

Tel. 01508 528549

chedgravemstherapycr@tiscali.co.uk

Contact: Jean Hesp

Opening times: Wednesday, Thursday and Friday 10am to 3pm

Therapies available: Oxygen Therapy, also for sports injuries, post-surgery recovery and healing of broken bones.

North Yorkshire

Middlesbrough Multiple Sclerosis Therapy Centre

Unit B1 Stadium Court, Wallis Road, Skippers Lane Ind Est, South Bank, Middlesbrough
TS6 6JB

Tel 01642 461673

info@mscentre.free-online.co.uk

www.middlesbroughmstherapy.org

Contact: Alan Riddiough

Opening times: Tues - Fri 9.15am – 2.00pm

Therapies Available: Oxygen Therapy, Reflexology, Aromatherapy, Reiki, Physiotherapy, Yoga/
Exercise Class, Shiatsu.

Nottinghamshire

Nottingham MS Therapy Centre

Unit H2, Trent Park Ind Est. Little Tennis Street South, Nottingham, Nottinghamshire. NG2 4EU

Tel. 01159 505991

nmstc@btconnect.com

www.mstherapycentrenotts.co.uk

Contact: Maureen Mangan

Opening times: Mon 1pm—6pm, Tue 8.30am-1.30am, Wed 1pm-7.30pm, Thurs 12.30pm-
7.30pm

Therapies available: Reflexology, Oxygen Therapy, Physiotherapy, Massage, Aromatherapy,
Hopi Ear Candles, Toning Table, Wheelchair Accessible Exercise Machines

Oxfordshire

MS Therapy Centre (Oxford) Ltd

Unit 37E Milton Park, Abingdon OX14 4RT

Tel. 01235 832023

ms.therapy@btconnect.com

www.omstc.org

Contact: Sue Doran

Opening times: Mon - Friday mornings

Therapies available: Oxygen Therapy, Massage, Physiotherapy, Osteopathy, Nail Care, Reflexology

South Yorkshire

Multiple Sclerosis Therapy Centre (South Yorks) Ltd

Bradbury House, 25 St Mary's Drive, Catcliffe, Rotherham. S60 5TN

Tel. 01709 367784

mstherapy@tesco.net

www.mstherapysyorks.co.uk

Contact: Lynne Foster

Opening Tues-Fri 9.00am-4.30pm

Therapies available: Oxygen Therapy, Physiotherapy, Osteopathy, Counselling, Reiki, Reflexology, Aromatherapy, Massage, Indian Head Massage, Hopi Ear Candles, Foot Health Practitioner

Suffolk

Suffolk Multiple Sclerosis Therapy Centre

Unit 27, Claydon Business Park, Gt Blakenham, Ipswich IP6 0NL

Tel. 01473 830359

suffolkmstherapy@btinternet.com

Contact: Phil Tinkler

Opening times: Tues, Wed & Fri 9am—12pm

Therapies available: Oxygen Therapy

Surrey

MSTG (Guildford) at the Samson Centre

Samson Centre, Guildford Waterside Centre, Riverside, Guildford, Surrey GU1 1LW

Tel. 01483 459120

info@samsoncentre.org.uk

www.samsoncentre.org.uk

Contact: Jackie Payne

Opening times: Mon 10am—2pm Tues – Fri 8.30 – 4.30pm

Therapies available: One to one and group Physiotherapy, fully equipped gym, Oxygen Therapy, Reflexology, Massage

Sutton & Croydon MS Therapy Centre

Bradbury House, Lloyd Avenue, Coulsdon, Surrey. CR5 2QS

Tel. 0208 660 1181

office@ms-therapy-centre.org.uk

www.surrey-ms.org

Contact: Brenda Hemstead

Opening times: Mon-Thurs 10am-3.30pm

Therapies available: Group Exercise with Neuro-physiotherapists, Yoga, Pilates, Massage, Reflexology, Hopi Ear Candling, Shiatsu, Beautician, Counselling

West Midlands

Mercia MS Therapy Centre

Unit 8, Macefield Close, Aldermans Green Industrial Estate, Coventry, CV2 2PJ

Tel. 024 7661 1088

Fax. 024 7661 1088

info@merciamstherapy.org.uk

www.merciamstherapy.org.uk

Contact: Zoe Seville-Edden

Opening times: Mon 9.15am — 4pm, Tue 9.15am—3pm, Wed 9.15am—2.30pm, Thur 9.15am-5pm, Fri 9.15am—4pm

Therapies Available: Physiotherapy, Reflexology, Counselling, Yoga, Oxygen Therapy, Osteomyology, Theragem & Airnergy, Beauty Therapy, Chiropody

Wolverhampton MS Therapy Centre

Meadow View Wharf, Tettenhall Road, Wolverhampton. WV6 0JT
Tel. 01902 744888. Fax. 01902 744888

admin@mscentre.co.uk

www.mscentre.co.uk

Contact: Brenda Smith

Opening times: Mon 9am-5pm, Tue 9am-5pm & 7pm-9pm, Wed 9am-5pm, Thurs 9am-5pm, Fri 9am-5pm & 7pm-9pm,

Therapies available: Oxygen Therapy, Physiotherapy, Reflexology, Chiropody

West Sussex

The Sussex Multiple Sclerosis Treatment Centre

Southwick Recreation Ground, Croft Avenue, Southwick, West Sussex,
BN42 4AB

Tel. 01273 594484

info@mssussex.com

www.mssussex.com

Contact: Alan Taylor

Opening times: Mon to Fri 9 to 4 + Tuesday & Thursday evenings and Saturday mornings

Therapies available: Oxygen Therapy, Physiotherapy, Acupuncture, Shiatsu, Massage, Reflexology, Chiropody, Bowen Technique, Osteopathy, Yoga, Pilates, Keep Fit, Tai Chi, Voicework

West Yorkshire

West Yorkshire MS Therapy Centre

Leeds Road, Rawdon, Leeds, West Yorkshire. LS19 6JY

Tel: 01132 504528

joanne_ms_rawdon@yahoo.co.uk

www.mstherapy.org.uk

Contact: Joanne Goodwin

Opening times: Mon 8.30-7, Tues 8.30-4.30, Wed 8.30-3, Thurs 8.30-4.30, Fri 8.30-3, Sat 8.30-12.30

Therapies available: Oxygen Therapy (including children), Counselling, Healing, Hopi Ear Candle, Aromatherapy, Reflexology, Pilates, Reiki, Relaxation, Physiotherapy

Wiltshire

Swindon Therapy Centre for Multiple Sclerosis

Bradbury House, Westmead Drive, Swindon, SN5 7ER

Tel. 01793 481700

stcswindon@btconnect.com

www.msswindon.org.uk

Contact: Jackie Wray

Opening times: Mon 8.30am-3pm, Tues 6pm—7.30pm Wed 8.30am-3pm & 6-8.30pm, Thurs 9.30-12.30pm & 6pm—7.30pm, Fri 8.30am-3pm, Sat 9.30am—11am

Therapies available: Oxygen therapy, Physiotherapy, Pilates, Holistic Therapies: also available to other conditions and children.

Wessex MS Therapy Centre

Bradbury House, The Avenue, Warminster. Wilts, BA12 9AB

Tel. 01985 217728. Fax. 01985 217748

info@wessexms.co.uk

www.wessexms.co.uk

Contact: Rosie Eliot

Opening times: Mon, Tue, 8.30-5pm, Wed 8.30am—5pm, Thurs 8.30am-6.30pm, Fri 9am-2.30pm

Therapies available: Oxygen Therapy, Physiotherapy, Reflexology

WALES

Cardigan Oxygen Therapy Centre

Unit 13, Pentood Ind Est, Cardigan, Ceredigion, SA43 3AG.

Tel. 01239 613210

cardiganms@btinternet.com

Contact: Mrs Gina Fox

Opening times: Tues 10-4, Thurs 11.30-1

Therapies available: Reflexology, Oxygen Therapy, Massage, Counselling

HOPE MS Therapy Centre Pembrokeshire

57 Honeyborough Business Park, Neyland, Milford Haven, Pembrokeshire SA73 1SE

Tel. 01646 600384

info@hopemscentre.co.uk

www.hopemscentre.co.uk

Contact: Rick Stanton

Opening times: Tue-Fri 9am-4.30pm

Therapies available: Oxygen Therapy, Physiotherapy

South Wales MS Therapy Centre

16-18 St Luke's Court, Winchwen Ind. Est, Swansea, West Glamorgan. SA1 7ER.

Tel. 01792 701342

info@mstcswansea.co.uk

www.mstcswansea.org.uk

Contact: Christine Jones

Opening times: Mon-Fri 9am – 4pm

Therapies Available: Nutritional Advice, Oxygen Therapy, Physiotherapy, Bowen Technique

SCOTLAND**Argyll & Bute****Multiple Sclerosis Centre Mid-Argyll**

MS Centre, Campbell Street, Lochgilphead, Argyll, PA31 8JU

Tel. 01546 606 303

msargyll@btconnect.com

www.mstherapycentres.org.uk/centre_lochgilphead.htm

Contact: Karen McCurry

Opening times: Office hours 9 – 5 Mon to Fri, also various activities outside office hours

Therapies available: Supportive Listening, Monthly MS Clinic, High Dose Oxygen Therapy, Physiotherapy, Exercise Machines, Yoga, Direct Payment support and payroll, Nintendo Wii. Zumba

Multiple Sclerosis Therapy Centre (Oban) Ltd

Glencruitten Road, Oban PA34 4PU

Tel. 01631 566602. Fax. 01631 566602

Oban.msc@btconnect.com

Contact: Administrator - Sandra Owens

Opening times: Mon, Weds & Thurs - 9.30am - 5.00pm, Tues 9.30am - 3.00pm, Fri 9.30am - 12.30pm

Therapies available: Reiki, Massage

Central Scotland

Multiple Sclerosis Therapy Centre Lothian

40C Swanfield, Bonnington Road, Edinburgh EH6 5RX

Tel. 0131 554 5384. Fax. 0131 554 5384

administrator@mstc-lothian.org.uk

www.mstc-lothian.com

Contact: Cathy Kirk

Opening times: Monday - Thursday 9am - 9pm, Friday 9am - 2.30pm, Saturday 10am - 12.15pm

Therapies available: Oxygen Therapy, Physiotherapy, Reflexology, Yoga, Massage, Peer Support and Social Contact.

Revive MS Support

16 Chapel Street Estate, Glasgow G20 9BQ

Tel. 0141 945 3344

Fax. 0141 946 6455

info@revivemssupport.org.uk

www.revivemssupport.org.uk

Contact: Centre Co-coordinator: Shelagh Robertson, Chief Executive: James Dornan

Opening times: Mon-Wed 9.30am-4.30pm, Thurs 9.30am-8pm, Fri 9.30am-4.30pm

Therapies Available: MS Nurse, Counselling, Physiotherapy, Aromatherapy, Reflexology, Speech and Language Therapy, Podiatry and Foot Health, Acupuncture, Functional Electrical Stimulation, Fatigue Management, Newly Diagnosed Groups, Exercise Classes Including Wheelchair, Tai Chi, Keep Active Class, Circuits Class for Men, Pilates, Yoga.

Highlands

Braehead MS Therapy Centre

37 Smith Terrace, Wick KW1 5HD
Tel.01955 604586

Contact: Jan Farington

Opening times: As required (run by volunteers)

Therapies available: Oxygen Therapy

MS Therapy Centre Inverness

Burnett Road, Inverness IV1 1TF
Tel. 01463 240365

admin@ms-inverness.f2s.com

www.mstherapycentrehighland.org.uk

Contact: Jackie McIntosh

Opening times: Mon-Fri 9am-4pm

Therapies available: Oxygen Therapy, Physiotherapy, Holistic Massage, Reflexology, Counselling and Advice, Nutritional Club, Hairdressing, Lunch Club,

Isle of Skye

Sky and Lochalsh MS Therapy Centre

Unit 8B Industrial Estate, Lisigarry Place, Dunvegan Rd, Portree, Isle of Skye.
IV51 9BD

Tel. 01478 612984

iansmart667@btinternet.com

www.mstherapycentres.org.uk/centre_skye.htm

Contact: Iain Smart

Opening times: Tue & Fri 9am-4pm and also by appointment

Therapies available: Physiotherapy, Oxygen Therapy, Nutritional Advice, Counselling, Support Groups, Craniosacral Therapy, Reiki, Homeopathy

North East Scotland

Grampian MS Therapy Centre

Unit 1, Saxbone Centre, Howermoss Crescent, Kirkhill Ind Est. Dyce, Aberdeen. AB21 0GN
Tel. 01224 771105

Grampian.ms@btinternet.com

Contact: Eileen Matthew

Opening times: 9.30am to 4pm Monday to Friday

Therapies available: Oxygen Therapy, Physiotherapy, Reflexology, Massage, Beautician, Information, Advice and Support

M S Therapy Centre (Tayside) Ltd

Unit 12B Peddie Street, Dundee DD1 5LB

Tel. 01382 566283. Fax. 01382 643315

enquiries@mstherapytayside.plus.com

www.taysidemsttherapy.co.uk

Contact: Steven Miller

Opening times: Mon 2.30 - 8.30; Tues - Friday 8.30 - 8.30; Sat 8.30 - 2

Therapies Available: Oxygen Therapy, Chiropody, Aromatherapy, Reflexology, Yoga, Swimming

Stirling MS Therapy Centre

Borrowmeadow Road, Springkerse Ind Estate, Stirling FK7 7UW

Tel. 01786 445563

mscentrestirling@hotmail.com

Contact: Mr D Malcolm

Opening times: Generally Mon & Tue afternoon and Saturday Mornings. Please contact the centre for more details.

Therapies available: Oxygen Therapy, Physiotherapy, Acupuncture, Massage

Orkney Isles

Orkney MS Therapy Centre

The Crafty, Junction Road, Kirkwall, Orkney, KW15 1AR

Tel: 01856 875454

orkneymy@freeuk.co.uk

www.mstherapycentres.co.uk

Contact: Bruce Mainland

Opening Hours: Mon, Tue 9am-4pm Wed 10-12

Therapies Available: High Dosage Oxygen Therapy, Massage, Physiotherapy, Reflexology

NORTHERN IRELAND

Belfast

Race Against Multiple Sclerosis

Unit 94/95 The Cutts, City Business Park, Dunmurry, Belfast BT17 9HU

Tel 0289 062 2936

Fax 0289 062 2682

info@ramsni.com

www.ramsni.com

Contact: Mr W J Beck

Opening Times: Mon-Fri 9am-5pm

Therapies Available: Hyperbaric Oxygen Therapy, Physiotherapy, Massage, Reflexology, Electro-Magnetic Therapy, Flowtron Therapy, Vibrotherapy, Dietary Advice, Counselling

Larne

The Oxygen Therapy Centre (Larne)

100 Shore Road, Magheramorne, Larne, BT40 3HT

Tel 0282 827 4670

info@oxygentherapycentre.co.uk

www.oxygentherapycentre.co.uk

Contact: Mrs Vickie Shaw

Opening Hours: Mon-Fri 9am-4.30pm Sat 9am-11am

Therapies Available: Oxygen Therapy & Electromagnetic Therapy

Newry

Newry & Mourne MS Community Therapy Centre

Units 1 & 2 Shepherds Way, Carnbane Ind Est, Newry, Co. Down BT35 6QJ

Tel 028 302 63301

mstherapy@btconnect.com

Contact: Sheila Carragher

Opening Hours: Mon-Fri 9am-5pm

Therapies Available: Hyperbaric Oxygen Therapy.

IRELAND

Sligo

Multiple Sclerosis North West Therapy Centre Ltd

Ballytivnan, Sligo, Eire

Tel: +353 (0)71-9144748

Fax: +353 (0)71-9141943

bairbremoire.mstherapycentre@gmail.com

www.mstherapycentre.ie

Contact: Tamar Gormley

Opening Times: Mon-Thur 9.30am-4.30pm, Fri 9.30am—4pm

Therapies Available: Hyperbaric Oxygen Therapy, Hydrotherapy, Massage, Physiotherapy, Reflexology, Counselling, Chiropody

Trim

North East MS Therapy Centre

Manorlands, Trim, Co. Meath

Tel: +353 (0)46-9436474

nemstct@gmail.com

Contact: Angela Coyle

Opening Hours: Mon-Fri 9am-4pm

Therapies Available: High Dose Oxygen Therapy, Reflexology, Massage, Chiropody, Peer Support, Advocacy Assistance, Skills Development, Personal exercise routines, Diet & Nutrition

CHANNEL ISLANDS

Jersey

Jersey Multiple Sclerosis Therapy Centre

Rope Walk, St Helier, JE2 4UU Jersey

Tel 01534 737297

oxygen@mstherapycentre.com

www.mstherapycentre.com

Contact: Colin Russell

Opening Times: Wed 3.30pm-6.45pm

Therapies Available: High Dose Oxygen Therapy, Meditation/Relaxation Sessions, Drop in Centre