



Therapy Centre Treatments 2016

Centre Opening Times

Monday 9am - 6:30pm

Tuesday – Thursday 9am - 5pm

Friday 9am - 4:30pm

Bradbury House Clinic, Wheatfield Drive, Bradley Stoke, Bristol, BS32 9DB
Tel: 01454 201 686
email: info@mstherapybristol.org.uk
web: www.mstherapybristol.org.uk

The services and treatments below are available to current Centre Members. The Centre raises money independently to subsidise the cost of providing these. We encourage all Centre Members to cover the full cost of the treatments if they are able to.

TC = Treatment Cost

MC = Minimum Contribution

Neuro-Physiotherapy

Individual Appointments - 30 minutes – weekly/fortnightly appointments available
Mon - Fri subject to availability.

(TC £50)

(MC £22.50)

Lead Physiotherapist: **Mary Jane Jones**
Senior Physiotherapist: **Amrik Singh Sidhu.**
Physiotherapist: **Marianne Booth**
Physiotherapy Assistant: **Louise Britton**
Physiotherapy Assistant: **Joshua Wells**

Please enquire at reception for appointment availability or call the main switchboard on 01454 201 686

Oxygen Treatment

Available 5 days a week **Monday to Friday** at Pressure 2, Pressure 3 and Pressure 4 (normal atmospheric pressure = 1ata).

This treatment last approximately 1.5hrs.

Members with neurological conditions
Saturation (15 sessions) (TC £300) (MC £200)
Individual Sessions (TC £20) (MC £14)

Members with non-neurological conditions
Saturation (20 sessions) (TC £350)
Individual Sessions (TC £20)

Exercise Class

Run by the Neuro-Physiotherapy team

Monday: 10:30am Seated exercise
12:00pm High Balance

Wednesday: 9:30am Seated exercise
9:30am High balance
10:45am Seated exercise
12:00pm Hip Improvement
12:00pm High balance cardio

(TC £11) (MC £8)

Group Physiotherapy

Run by the Neuro-Physiotherapy team

Thursday and Friday 09:30am - 10.15
(TC £22.50) (MC £12.50)

Gym - Self Treatment

Use of gym equipment under minimal Physio supervision. (TC £8) (MC £4)

Carers support group

Third Tuesday of the month

Once a therapy routine has been established we set up an Individual Treatment Plan for each member.

Contributions are to be made by the 1st of each month in advance by standing order, internet banking or debit card.

Musculo-Skeletal and Neuro-Physiotherapy

For non MS clients and carers can access physiotherapy through the **Bristol Therapy Centre Ltd.**

Initial Assessment - 1hr - £60

Neuro 45min sessions - £50

Musculo-Skeletal 30min sessions - £40

Please call Amrik Singh Sidhu **MCSP. MSc. BSc(Hons)** on 01454 628 730 for availability and bookings

Oxygen Treatment for Sports Injuries

Oxygen Treatment can be accessed through the **Bristol Therapy Centre Ltd.**

Yearly Registration to BTC Ltd. £20

Course of 20 sessions £400

Further weekly sessions £20 per session
(10% discount available for block payments in advance)

Please enquire at reception for availability and bookings on 01454 201 686

The services and treatments below may be limited to people with MS or to people who live within a certain catchment area due to funding restrictions.

Whilst primary costs for these treatments are covered by a third party the Centre covers the secondary annual costs of admin support and facilities which amount to IRO £25,000

Bladder and Bowel Health Clinic

Continence Advisory Nurse: **Carole Copestake**
1hr initial assessment or 1/2hr appointments available every 12 weeks.

Please enquire at reception for appointment availability and bookings.

Spasticity Rehabilitation Clinic

Rehabilitation Consultant: **Dr Angus Graham**
1hr appointments available on a Monday every 6 weeks for clients with MS.

A GP referral is needed for Dr Angus Graham's clinic.

Chatterbox

Organiser: **Angela Ball**

A monthly social group open to all members.

Please enquire at reception for details of next Chatterbox session.

Outreach exercise class for the North Somerset Branch of the MS Society

The Campus - Weston Super Mare

Physiotherapist : **Marianne Booth**

Thursdays during term time:

1pm – 2pm seated, 2.30pm – 3.30pm standing

For availability and bookings call:

Janet Smith (NSMSS) on 01934 414543

MS Nurse Clinic (North Somerset)

MS Nurse: **Anne Aherne / Dawn Talbot**

1/2hr – 1hr appointments available to clients with MS living in North Somerset.

Please enquire at reception for appointment availability and bookings.

Benefits Advice Service and Advocacy provided by WECIL/ MS Society

Advisor: **Mike Harris (WECIL)**

2nd Tuesday and 3rd Friday of the month

Please enquire at reception for details of next Benefits Advice Session

The services and treatments below are available to current Centre Members at a reduced rate, Payment for these treatments must be made to the self-employed therapist directly on the day of treatment.

Acupuncture

Therapist: **Sandra Arbelaez**

Thursday pm / Friday am

Initial assessment: £23

30 minute session £23

Group Ear Acupuncture 1:30 - 2:30pm

£6 - £10 Depending on number of people attending

Please enquire at reception for appointment availability and bookings.

Chiropody

Therapist: **Wendy Manning**

30 minute session: £15

Wednesdays between 12pm and 4pm.

Every six weeks

Enquire at reception for appointment availability and bookings.

Hypnotherapy

Therapist: **Julie Phillips**

Wednesday 10:30am -3:15pm

1hr session: £30

Enquire at reception for availability and bookings.

Reiki

30 minute session: TBC

Enquire at reception for availability and booking

Aromatherapy or Reflexology

Therapist: **Sarah Friend**

Monday am /Tues am /Thurs am

30 minute session £15

Please enquire at reception for appointment availability and bookings.

Beauty Treatments

Therapist: **Ashley Marks**

1 Friday per month

Treatments include manicures, pedicures, waxing, eyebrow shape, Indian Head Massage, facials.

£5 - £15 per treatment

Enquire at reception for availability and bookings.

Volunteer Drivers

We have a number of volunteer drivers who are able to bring people to the Centre if transport is required. Clients must be able to transfer with minimal assistance to be eligible.

Charged at 45p per mile for the return journey. Enquire at reception for availability and bookings.