

What is Multiple Sclerosis?

Multiple Sclerosis (MS) is a progressive disease of the central nervous system. It is the most common neurological condition to affect young people, but it can develop at any age, and everyone's MS is different. It is not fatal, infectious or contagious.

The condition causes scarring to form on the nerves, disrupting the signal. Symptoms come and go, and vary in severity. Many disease modifying drugs are being developed, but as yet there is no cure.

We share advice on lifestyle changes, treatments, therapies that help relieve symptoms, and all other support available, which can really lessen the impact it has on everyday life.



Sussex MS Treatment Centre

Southwick Recreation Ground
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Company Limited by Guarantee: 2319928

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Opening Hours
Every weekday from
9am—4.30pm

**Please don't hesitate to ring us for
more details**

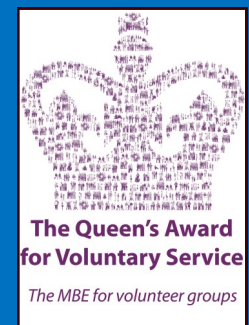
Sussex Multiple Sclerosis Treatment Centre

Small charity, big impact.

01273 594484



**Working together to improve the
health and well being of people
with Multiple Sclerosis and other
chronic neurological conditions.**



How can we help?

The Centre has been run by and for people with MS since 1984, so we understand the challenges of living with the condition.

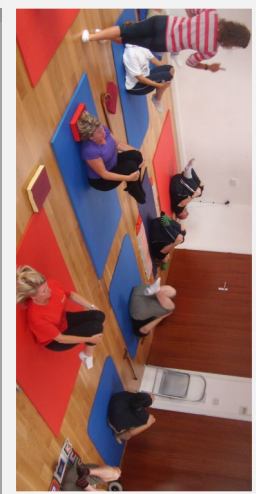
If you are newly diagnosed, it can be a frightening time coming to terms with this life changing condition. We would like to reassure you that although we cannot cure MS, there is plenty you can do to lessen the impact that it has on your life.

Many of us have lived with the condition for years, and continue to approach our day to day life and the challenges MS presents with a positive attitude.

If disease progression has had a more limiting effect, there is plenty at the Centre to get involved in, and the accommodation has been designed to ensure that everyone is comfortable here.



What does our Centre offer?



We offer a wide range of subsidised therapies, classes and activities designed to maintain or improve our physical abilities, ward off secondary disabilities and lift the spirits. There is a drop in café and comfortable seating area and refreshments are always available.



“A problem shared is a problem lightened”

Members can book in for Hyperbaric Oxygen Therapy, an individual therapy or drop in for a group activity such as yoga or Pilates. Our facilities are on the ground floor and are fully accessible for all.

Our monthly socials have included curry and jazz, quizzes, flamenco and stand up comedy.

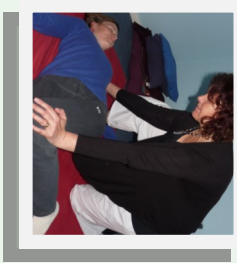


Who else do we support?

We welcome users with many long term neurological conditions such as stroke or ME and children with autism and cerebral palsy. We also offer Hyperbaric Oxygen Therapy, subject to availability, for some other chronic illnesses.

How do we do this?

Over 160 people visit us every week. We need to raise about £154,000 annually to run this life enhancing Centre.



Members give what they can towards our costs and organise a variety of fund raising events to make sure we keep the Centre open 5 days a week, all year round. Many community groups and charitable trusts provide invaluable support.

We aim to ensure that everyone is included regardless of ability to pay.

