Choices

Therapy centres (UK and Ireland)

Read me…
Therapy centres (UK and Ireland)

England

Bedfordshire

Beds and Northants MS Therapy Centre

Bradbury House, 155 Barkers Lane, Bedford
MK41 9RX
Call 01234 325781
Email mscentre2@community.co.uk
www.mscentrebedsandnorthants.com

Opening times

Monday-Friday 9.30am-4pm, some evenings and 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 and pedicures

Berkshire

Berkshire MS Therapy Centre

Bradbury House, 23a August End, Brock Gardens, Reading, Berkshire, RG30 2JP
Call 01189 016000
Email ms@bmstc.org
www.bmstc.org

Opening times

Monday - Friday 9am-5pm, Thursday 8.30am-7pm

Therapies available

- Physiotherapy
- Functional Electrical Stimulation clinic
- Oxygen therapy
- Yoga
- Massage
- Foot care
- Counselling
- Acupuncture
- Reiki
- Spinal reflexology
- Computer training

West Berkshire Therapy Centre

The Frank Hutchings Hall
Bradley-Moore Square
Harts Hill Road
Thatcham RG18 4QH

Helpline: 0800 783 0518
www.ms-uk.org/choicesleaflets
Call 01635 864561
Email
info@westberkshiretherapycentre.org.uk
www.westberkshiretherapycentre.org.uk

Opening times
Monday 09:30 - 15:00
Tuesday 09:30 - 15:00
Wednesday 10:00 - 15:00 and 18:00 – 20:00
Thursday 10:00 - 15:00
Friday 10:00 - 15:00
Saturday 10:00 - 14:00

Therapies available
- Specialist therapy gym with power assisted exercise

Bristol
West of England MS Therapy Centre
Bradbury House, Wheatfield Drive, Bradley Stoke, Bristol
BS32 9DB
Call 01454 201686
Email info@mstherapybristol.org.uk
Contact Doro Pasantes
www.mstherapybristol.org.uk

Opening times
Monday 9am-6.30pm, Tuesday-Friday 9am-5pm

Therapies available
- Physiotherapy
- Oxygen therapy
- Acupuncture
- Aromatherapy
- Reflexology
- MS Clinic with MS Nurse and Continence Advisor
- Counselling
- Exercise classes

Buckinghamshire
Chilterns MS Centre
Scarlett Avenue, Halton, Aylesbury, Bucks, HP22 5PG
Call 01296 696133
Email info@chilternmscentre.org
www.chilternmscentre.org

Opening times
Monday-Friday 9am-5.30pm

Therapies available
- Physiotherapy
- Assessments
- Acupuncture
- Reflexology
- Pilates
- Oxygen therapy
- Occupational therapy
- Orthotics
- Podiatry
- MS Nurse
- Benefits advice
- Mobility aids
- Yoga
- Speech therapy

Helpline: 0800 783 0518
www.ms-uk.org/choicesleaflets
Milton Keynes MS Therapy Group

4 Hollin Lane, Stacey Bushes, MK12 6HT
Call 01908 225907
Email mkmstherapygroup@btconnect.com
www.mkweb.co.uk/mkmstg

Opening times

Monday 9.30am-2pm, Tuesday 10am-2pm, Wednesday 10am-12pm and 5pm-8pm, Thursday 10am-12pm, Friday 10am-2pm

Therapies available

- Oxygen therapy
- Massage
- Reflexology
- Reiki
- Physical therapy
- Help and advice
- Ultrasound
- Indian head massage
- Vibroplate
- Passive exerciser
- Aromatherapy
- Emotional Freedom Technique
- Podiatry
- MS Nurse

Cambridgeshire

Huntingdon, Peterborough and Cambridge MS Therapy Centre

Bradbury House, Mayfield Road, Huntingdon, Cambridgeshire
PE29 1UL
Call 01480 458688
Email info@huntsmstc.co.uk

www.mstc.fsworld.co.uk

Opening times

Monday, Tuesday and Thursday 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 and pedicure
- Motomed bike
- Vibrogym
- Toning table

Cheshire

Chester Neuro Therapy Centre

C1-C4, Brymaw Estate, 1 River Lane, Saltney, Chester
CH4 8RG
Call 01244 678619
Email info@neurotherapycentre.org

Helpline: 0800 783 0518
www.ms-uk.org/choicesleaflets
Opening times

Monday-Thursday 9.30am-4.30pm, Friday 10am-3pm, Saturday 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

Merlin MS Centre

Merlin Project, Bradbury House, Hewas Water, St Austell, Cornwall PL26 7JF
Call 01726 885530
Email manager@merlinproject.org.uk
www.merlinproject.org.uk

Opening times

Monday-Friday 9.30am-5pm

Devon

South West MS Therapy Centre

West Grange, Clyst Heath, Exeter, Devon EX2 7EY
Call 01392 447411 or 0845 3670977
Email info@southwestmscentre.co.uk
www.southwestmscentre.co.uk

Opening times

Monday, Tuesday, Thursday, Friday 9am-4.30pm, Wednesday 9am-6.30pm

Therapies available

- Oxygen therapy
• Physiotherapy
• Electro-magnetic therapy (Viofor treatment)
• Exercise classes
• Yoga
• Massage
• Indian head massage
• Reflexology
• Emotional Freedom Technique
• Chiropody
• Aromatherapy
• Information room

Essex
CHARMS The Essex Therapy Centre
20 Grafton Place, Montrose Road,
Springfield, Chelmsford, Essex
CM2 6TG
Call 01245 461212
Email therapy@charms.fsnet.co.uk
www.charms.fsnet.co.uk

Opening times
Wednesday and Friday 9am-4.30pm,
Saturday 9.30am-12.30pm.

Therapies available
• Oxygen therapy
• Aromatherapy
• Advocacy service
• Counselling
• Massage
• Drop-in centre
• Exercise

Gloucestershire
Gloucestershire MS Therapy Centre
Goodridge Ave, Quedegeley, Gloucester,
Gloucestershire GL2 5EA
Call 01452 419246
Email info@glosmsinfo.org.uk
www.glosmsinfo.org.uk

Opening times
Tues 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 and information centre

Hampshire
Farnborough MS Support & Therapy Group
Cove Cricket Club, Grasmere Road,
Farnborough, Hampshire GU14 0LE
Call 01252 625288 or 875119
Email Julie_bolton@ntlworld.com
www.mssupport.org.uk
Opening times
Meet every Thursday 10am-1pm.

Therapies available
- Nutritional advice
- Exercise
- Massage
- Reflexology
- Reiki
- Support group
- Yoga

Solent MS Therapy Centre
Bradbury House, 56 Hewett Road, Portsmouth
PO2 0QP
Call 02392 699116
Email mssolent@btinternet.com
www.smstherapycentre.org.uk

Opening times
Monday-Wednesday 9am-4pm, Thursday 9am-5.30pm, Friday 9am-12.30pm

Therapies available
- Oxygen therapy
- Physiotherapy
- Osteopathy
- Reflexology
- Massage
- Foot Therapist

Herefordshire

Herefordshire MS Therapy Centre
31 Mostyn Street, Whitecross, Hereford, Herefordshire
HR4 0ED
Call 01432 261249
Email herefordmstherapies@yahoo.co.uk
www.herefordmscentre.co.uk

Opening times
Monday 9am-2pm, Tuesday 9am-3pm,
Wednesday 9am-2pm, Thursday 9am-3pm, Friday 9am-2pm

Therapies available
- Reflexology
- Oxygen therapy
- Indian head massage
- Ear candling
- Acupuncture
- Physiotherapy
- Yoga

Hertfordshire Multiple Sclerosis Therapy Centre
30 Campus Five, Letchworth Garden City, Herts
SG6 2JF
Call 01462 684214.
Email enquiries123@hmstc.net
www.hertsmstherapy.org.uk

Opening times
Monday-Friday 9am-5pm
Therapies available

- Physiotherapy
- Oxygen therapy
- Massage
- Reflexology
- Yoga
- Counselling
- Art club
- Chiropractor
- Chiropody
- Emotional Freedom Technology
- Osteopath
- Reiki
- MS Nurse

- Continence advice
- Nutritional advisory clinic
- Podiatry
- Occupational therapy
- Acupuncture

Swanley Therapy Centre

Unit 8 Park Road Ind Estate, Swanley, Kent
BR8 8AH
Call 01322 663042
Email sums.manager@btconnect.com
www.swanleytherapycentre.org

Opening times

Tuesday, Wednesday, Thursday and Saturday 9am-1pm

Therapies available

- Physiotherapy
- Reflexology
- Oxygen therapy
- Chiropodist

Leicestershire

Leicestershire MS Therapy Centre

31 Freemens Rd, Leicester, Leicestershire
LE2 7SQ
Call 01162 557104
Email ms.therapy@tiscali.co.uk
www.leicsmstherapycentre.org.uk

Opening times

Monday-Thursday 9am-4pm

Kent

Kent MS Therapy Centre

Bradbury House, Merton Lane North, Canterbury, Kent
CT4 7DZ
Call 01227 470876
Email Info@kentmstc.org
www.kentmstc.org.uk

Opening times

Monday-Friday 8am - 8pm

Therapies available

- Oxygen therapy
- Physiotherapy
- Reflexology
- Indian head massage
- Massage
- Counselling
- MS Nurse workshops and drop in sessions

Helpline: 0800 783 0518
www.ms-uk.org/choicesleaflets
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, St. Giles, Lincoln, Lincolnshire
LN2 4JH
Call 01522 543333
Email lincsms@aol.com
Contact Maureen Patten
www.lincsms.ukhot.com

Opening times

Monday and Friday 8.30am-3pm

Therapies available

- Oxygen therapy
- Physiotherapy
- Yoga
- Chiropody
- Holistic massage
- Reflexology
- Hot stones
- Indian head massage
- Sports massage

London Area

Harrow MS Therapy Centre

Harrow School Farm, Watford Road, Harrow
HA1 3TS
Call 020 8423 6268
Email enquiries@harrowmstherapy.co.uk
www.harrowmscentre.co.uk

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
Call 0208 531 9216
Email msaction@fsmail.net.org.uk
www.msaction.org.uk

Opening times

Monday 9am-4pm, Tuesday 9am-8pm,
Wednesday, Thursday 9am-5pm, Friday
9am-2pm, Saturday 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
- Counselling
- MS Nurse

Manchester Area

Trafford MS Therapy Centre

The Corner House, Fourth Avenue, Trafford Park, Manchester, Greater Manchester
M17 1DB
Call 0161 872 9444
Email info@tmstc.org
www.tmstc.org

Opening times

Tuesday 10am-8.30pm, Wednesday, Thursday 10am-4pm

Therapies available

- Nutritional advice
- Reflexology

Norfolk

Chedgrave MS Therapy Centre

Unit 11, Langley Road Industrial Estate, Chedgrave, Norwich
NR14 6HD
Call 01508 528549
Email chedgravemstherapycr@tiscali.co.uk

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

Cleveland MS Therapy Centre

Unit B1 Stadium Court, Wallis Road, Skippers Lane Industrial Estate, South Bank, Middlesbrough
TS6 6JB
Call 01642 461673
Email info@mscentre.free-online.co.uk
www.middlesbroughmstherapy.org

Opening times
Tuesday-Friday 9.15am-2.00pm

Therapies available
- Oxygen therapy
- Reflexology
- Aromatherapy
- Reiki
- Physiotherapy
- Yoga or exercise class
- Shiatsu

Opening times
Monday 1pm-6pm, Tuesday 8.30am-1.30am, Wednesday 1pm-7.30pm, Thursday 12.30pm-7.30pm

Therapies available
- Reflexology
- Oxygen therapy
- Physiotherapy
- Massage
- Aromatherapy
- Hopi ear candles
- Toning table
- Wheelchair accessible exercise machines

Nottinghamshire

Nottingham MS Therapy Centre

Unit H2, Trent Park Ind Est. Little Tennis Street South, Nottingham,
Nottinghamshire
NG2 4EU
Call 01159 505991
Email nmstc@btconnect.com
www.mstherapycentrenotts.co.uk

Opening times
Monday-Friday mornings

Therapies available
- Oxygen therapy
- Massage
- Physiotherapy
- Osteopathy
- Nail care
- Reflexology

Oxfordshire

MS Therapy Centre Oxfordshire

37e Innovation Drive, Milton Park, Abingdon
OX14 4RT
Call 01235 832023
Email Ms.therapy@btconnect.com
www.omstc.org

Opening times
Monday-Friday mornings

Therapies available
- Oxygen therapy
- Massage
- Physiotherapy
- Osteopathy
- Nail care
- Reflexology
Shropshire

MS and Neurological Therapy Centre for Shropshire & Mid Wales

Unit 4, Hartley Business Centre, Monkmoor Road, Shrewsbury
SY2 5ST
Call 01938 571091
Email ms-n.therapycentre@outlook.com
www.ms-ntherapycentre.com

Opening times

Thursday-Saturday 10.30am – 4pm

Therapies available

- Physiotherapy
- Reflexology
- Ear candling
- Aromatherapy
- Swedish massage
- Hot stone therapy
- Indian head massage

South Yorkshire

MS Therapy Centre South Yorks

Bradbury House, 25 St Mary’s Drive, Catcliffe, Rotherham
S60 5TN
Call 01709 367784
Email mstherapy@tesco.net
Contact Lynne Foster
www.mstherapysyorks.co.uk

Opening times

Tuesday-Friday 9am-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, Gipping Road, Gt Blakenham, Ipswich
IP6 0NL
Call 01473 830359
Email talk@suffolkoxygentherapy.co.uk
www.suffolkoxygentherapy.co.uk

Opening times

Tuesday, Wednesday and Friday 9am-12pm

Therapies available

- Oxygen Therapy

Helpline: 0800 783 0518
www.ms-uk.org/choicesleaflets
Surrey

The Samson Centre for MS
Waterside Centre, Riverside, Guildford, Surrey
GU1 1LW
Call 01483 459120
Email info@samsoncentre.org.uk
www.samsoncentre.org.uk

Opening times
Monday 10am-2pm, Tuesday–Friday 8.30am–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
Call 0208 660 1181
Email office@ms-therapy-centre.org.uk
www.surrey-ms.org

Opening times
Monday-Thursday 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
Call 024 7661 1088
Email info@merciamstherapy.org.uk
www.merciamstherapy.org.uk

Opening times
Monday 9am-5pm, Tuesday 9am-3pm, Wednesday 9am-5pm, Thursday 9am-5pm, Friday 9am-4pm

Therapies available
- Physiotherapy
- Reflexology
- Counselling
- Yoga
- Oxygen therapy
- Osteomyology
- Theragem and Airnergy
- Beauty therapy
- Chiropody
- Viofor electromagnetic therapy

Helpline: 0800 783 0518
www.ms-uk.org/choicesleaflets
Wolverhampton MS Therapy Centre

Meadow View Wharf, Tettenhall Road, Wolverhampton
WV6 0JT
Call 01902 744888
Email admin@mscentre.co.uk
Contact Brenda Smith
www.mscentre.co.uk

Opening times

Monday 9am-5pm, Tuesday 9am-5pm and 7pm-9pm, Wednesday 9am-5pm, Thursday 9am-5pm, Friday 9am-5pm and 7pm-9pm

Therapies available

- Oxygen therapy
- Physiotherapy
- Reflexology
- Chiropody
- Welfare benefits advice
- Counselling
- Indian head massage
- Reiki

Opening times

Monday-Friday 9am-4pm, Tuesday and Thursday evenings and Saturday mornings

Therapies available

- Oxygen therapy
- Physiotherapy
- Acupuncture
- Shiatsu
- Massage
- Reflexology
- Chiropody
- Bowen technique
- Osteopathy
- Yoga
- Pilates
- Keep fit
- T’ai Chi
- Voicework

West Sussex

The Sussex MS Treatment Centre

Southwick Recreation Ground, Croft Avenue, Southwick, West Sussex
BN42 4AB
Call 01273 594484
Email info@mssussex.com
Contact Penny Peters
www.mssussex.com

Opening times

Monday 8.30am-7pm, Tuesday 8.30am-4.30pm, Wednesday 8.30am-3pm, Thursday 8.30am-4.30pm, Friday 8.30am-3pm, Saturday 8.30am-12.30pm

West Yorkshire

West Yorkshire MS Therapy Centre

Unit 3a, Olympia Industrial Estate, Gelderd Lane, Leeds, West Yorkshire
LS12 6AL
Call 01132 504528
Email rawdon@mstherapy.org.uk
www.mstherapy.org.uk

Opening times

Monday 8.30am-7pm, Tuesday 8.30am-4.30pm, Wednesday 8.30am-3pm, Thursday 8.30am-4.30pm, Friday 8.30am-3pm, Saturday 8.30am-12.30pm

Helpline: 0800 783 0518
www.ms-uk.org/choicesleaflets
Therapies available

- Oxygen therapy (including children)
- Counselling
- Healing
- Hopi ear candle
- Aromatherapy
- Reflexology
- Pilates
- Reiki
- Relaxation
- Physiotherapy

Wiltshire

Swindon Therapy Centre for MS

Bradbury House, Westmead Drive, Swindon, SN5 7ER
Call 01793 481700
Email stcswindon@btconnect.com
www.msswindon.org.uk

Opening times

Monday 8.30am-3pm, Tuesday 6pm-7.30pm, Wednesday 8.30am-3pm and 6pm-8.30pm, Thursday 9.30am-12.30pm and 6pm-7.30pm, Friday 8.30am-3pm, Saturday 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
Call 01985 217728
Email info@wessexms.co.uk
Contact Rosie Eliot
www.wessexms.co.uk

Opening times

Monday, Tuesday, 8.30am-5pm, Wednesday 8.30am-5pm, Thursday 8.30am-6.30pm, Friday 9am-2.30pm

Therapies available

- Oxygen therapy
- Physiotherapy
- Reflexology

Wales

MS Oxygen Therapy Centre Cardigan

Unit 13, Perrywood Industrial Estate Cardigan, Ceredigion
SA43 3AG
Call 01239 613210
Email cardiganms@btinternet.com
Contact Mrs Gina Fox

Opening times

Tuesday 10am-4pm, Thursday 11.30am-1pm

Therapies available

- Reflexology
- Oxygen therapy
- Massage
- Counselling

**HOPE MS Therapy Centre**
**Pembrokeshire**

57 Honeyborough Business Park, Neyland, Milford Haven, Pembrokeshire
SA73 1SE
Call 01646 600384
Email info@hopemscentre.co.uk
Contact Rick Stanton
www.pembrokeshire-hope.org.uk

**Opening times**
Monday, Tuesday, Thursday 9am-5pm, Wednesday 9.30am-3.30pm

**Therapies available**
- Oxygen therapy
- Physiotherapy

**South Wales MS Therapy Centre**

16-18 St Luke’s Court, Winchwen Ind. Est, Swansea, West Glamorgan
SA1 7ER
Call 01792 701342
Email info@mstcswansea.co.uk
Contact Christine Jones
www.mstcswansea.co.uk

**Opening times**
Monday-Friday 9am–4pm, Wednesday 9am-7pm

**Therapies available**
- Nutritional advice
- Oxygen therapy
- Physiotherapy
- Bowen technique

**Scotland**

**MS Therapy Centre Mid-Argyll**

Campbell Street centre, Lochgilphead, Argyll
PA31 8JU
Call 01546 606 303
Email info@mscentre-midargyll.co.uk
www.mscentre-midargyll.co.uk

**Opening times**
Monday-Friday 9am–5pm, 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
Call 01631 566602
Therapies available

- Reiki
- Massage

Opening times

Monday, Wednesday and Thursday 9.30am-5pm, Tuesday 9.30am-3pm, Friday 9.30am-12.30pm

Central Scotland

Multiple Sclerosis Therapy Centre

40C Swanfield, Bonnington Road, Edinburgh
EH6 5RX
Call 0131 554 5384
Email administrator@mstc-lothian.com
www.mstc-lothian.com

Opening times

Monday 9am-7.15pm, Tuesday 9am-8.30pm, Wednesday 9.45am-8.30pm, Thursday 9.45am-6.45pm, Friday 9am-2.30pm, Saturday 10.15am-12pm

Therapies available

- Oxygen therapy
- Pilates
- Physiotherapy
- Reflexology
- Yoga
- Massage
- Peer support and social contact

Revive MS Support

Moorpark Court, 29 Dava Street, Glasgow
G51 2JA
Call 0141 945 3344
Email info@revivemssupport.org.uk
www.revivemssupport.org.uk

Opening times

Monday-Wednesday 9.30am-4.30pm, Thursday 9.30am-8pm, Friday 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
- Hyperbaric Oxygen Therapy
- Exercise classes including wheelchair, keep active class, circuits class for men, Pilates, yoga

Highlands

Braehead MS Therapy Centre

37 Smith Terrace, Wick, Caithness
KW1 5HD
Call 01955 604586
Email janf@pv139.fsnet.co.uk
Opening times
As required (run by volunteers).

Therapies available
- Oxygen therapy

The Oxygen Works
Burnett Road, Inverness
IV1 1TF
Call 01463 240365
Email contact@theoxygenworks.com
www.theoxygenworks.com

Opening times
Monday-Friday 9am-4pm

Therapies available
- Oxygen therapy
- Physiotherapy
- Massage
- Reflexology
- Minibus service
- Lunch and social club service

Isle of Skye

Skye and Lochalsh MS Therapy Centre
Unit 8B Industrial Estate, Lisigarry Place, Dunvegan Rd, Portree, Isle of Skye
IV51 9BD
Call 01478 612984
Email iansmart667@btinternet.com
www.mstherapycentres.org.uk/centre_skye.htm

Opening times
Tuesday and Friday 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, Howe moss Crescent, Kirkhill Industrial Estate Dyce, Aberdeen
AB21 0GN
Call 01224 771105
Email grampian.ms@btinternet.com

Opening times
Monday-Friday 9.30am-4pm

Therapies available
- Oxygen therapy
- Physiotherapy
- Reflexology
- Massage
- Beautician
- Information, advice and support
**MS Therapy Centre (Tayside) Ltd**

Unit 12B Peddie Street, Dundee
DD1 5LB
Call 01382 566283
Email enquiries@mstherapytayside.plus.com
www.taysidemstherapy.co.uk

**Opening times**

Monday 2.30pm-8.30pm, Tuesday-Friday 8.30pm-8.30pm, Saturday 8.30am-2pm

**Therapies available**

- Oxygen therapy
- Chiropody
- Aromatherapy
- Reflexology
- Yoga
- Swimming
- Physiotherapy or FES and DFS

**Stirling MS Therapy Centre**

Borrowmeadow Road, Springkerse Ind Estate, Stirling
FK7 7UW
Call 01786 445563
Email mscentrestirling@hotmail.com

**Opening times**

Generally Monday and Tuesday afternoon and Saturday mornings. Please contact the centre for more details.

**Therapies available**

- Oxygen therapy
- Physiotherapy

**Orkney Isles**

**Orkney MS Therapy Centre**

The Crafty, Junction Road, Kirkwall, Orkney, KW15 1AR
Call 01856 875454
Email orkneymss@freeuk.com
www.mstherapycentres.co.uk

**Opening times**

Monday, Tuesday 9am-4pm Wednesday 10am-12pm

**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
Call 0289 062 2936
Email info@ramsni.com
www.ramsni.com

**Opening times**

Monday-Friday 9am-5pm

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Helpline: 0800 783 0518
www.ms-uk.org/choicesleaflets
**Therapies available**

- High dose oxygen therapy
- Physiotherapy
- Massage
- Reflexology
- Electro-magnetic therapy
- Flowtron therapy
- Vibrotherapy
- Dietary advice
- Counselling

**Larne**

**Larne Oxygen Therapy Centre**

100 Shore Road, Magheramorne, Larne, BT40 3HT
Call 0282 827 4670
Email info@oxygentherapycentre.co.uk
www.oxygentherapycentre.co.uk

**Opening times**

Monday-Friday 9am-4.30pm, Saturday 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
Call 028 302 63301
Email mstherapy@btconnect.com

**Opening Hours**

Monday-Friday 9am-5pm

**Therapies available**

- Hyperbaric oxygen therapy

**Ireland**

**Sligo**

**MS North West Therapy Centre Ltd**

Ballytivnan, Sligo, Eire
Call +353 (0)71-914 4748
Email info@mstherapycentre.ie
www.mstherapycentre.ie

**Opening times**

Monday-Thursday 9.30am-4.30pm, Friday 9.30am-4pm

**Therapies available**

- Hyperbaric oxygen therapy
- Hydrotherapy
- Massage
- Physiotherapy
- Reflexology
- Counselling
- Chiropody
- Foot care clinic
- Aromatherapy
- Indian head massage
- Shiatsu
- Sotai therapy
Trim

North East MS Therapy Centre
Manorlands, Trim, Co. Meath
Call +353 (0)46-9436474
Email info@mstherapytrim.com
Contact Angela Coyle
http://mstherapytrim.com

Opening times
Monday-Friday 9am-4pm

Therapies available
- High dose oxygen therapy
- Reflexology
- Massage
- Chiropody
- Peer support
- Physiotherapy
- Advocacy assistance
- Skills development
- Exercise
- Diet and nutrition

Channel Islands

Jersey

Oxygen Therapy Centre
Rope Walk, St Helier, Jersey
JE2 4UU
Call 01534 737297
Email info@oxygen.org.je
Contact Jennifer Keene
www.oxygen.org.je

Opening times
Tues, Wed, Fri 10.am - 6.00pm.

Therapies available
- High dose oxygen therapy
- Meditation/relaxation sessions
- Exercise class
- Complementary therapies
- Drop in centre
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How we create our Choices leaflets

MS-UK believes we must listen to the voices of people affected by multiple sclerosis to shape the information and support we provide. It is these people that bring us perspectives that no one else can give.

For every Choices leaflet we produce, MS-UK consults the wider MS community to gather feedback, and uses this to inform content. All of our Choices leaflets are then reviewed by the MS-UK Virtual Insight Panel before they are published.

Thank you to everyone affected by MS who made this leaflet possible.

Sources
• None cited