



H.O.P.E. Multiple Sclerosis Therapy Centre

(Registered Charity No.1126567)

H.O.P.E. is a local Registered Charity with the mission statement:

‘To better the lives of those people with Multiple Sclerosis.’

At this point in time the Centre is open for four days a week, however, we would like to increase this to five days in the future, as the need arises and if funding allows.

Our overall policy is to create a comfortable and friendly environment, where people can relax, have a chat and enjoy some refreshment; as well as providing Hyperbaric Oxygen Therapy and Physiotherapy.

History

The Centre was started with a small group of people with M.S. discussing the possible benefits, of the then, new form of treatment called “Hyperbaric Oxygen Therapy”. This was followed soon after with the formation of **H.O.P.E.** (the acronym stands for “**Hyperbaric Oxygen Pembrokeshire Endeavour**”) as a locally registered charity.

After some two years spent raising the necessary funds, the Centre started operations on the 6th January 1986 and HBO Therapy was at last available to local people with M.S. Over the years, we have enjoyed very generous funding from people in all walks of life, from major companies, businesses, retail groups, other charities, the public, children and a real “lifeline” of monies from Collection Boxes. Without this continued revenue stream we would cease to exist as we are today.

Oxygen Treatment (O₂ T)

This is a well-known treatment, formally known as Hyper-Baric Oxygen Therapy (HBOT), is not only recommended for people with M.S. but also for other injuries, where an increase in the percentage of oxygen in the blood stream, has a tendency to speed up the natural process of healing.

The treatment, in simple terms, is the breathing of pure medical oxygen, whilst in an environment of increased air pressure; this is normally at a pressure equivalent to 2 Atmospheres. The ‘environment’ at H.O.P.E. is a spherical steel tank (baro-chamber) with an oxygen supply via face masks, for up to four people. The normal period of treatment lasts for 1 hour with a short break at halftime, if required by the users.

The volunteer staff that control and operate the therapy session are fully trained in all aspects of Health & Safety regarding Oxygen Treatment operations.

The 'Tank' as we know the baro-chamber is subject annually to a full and comprehensive inspection and maintenance programme.

At the moment over 1000 (O₂ T) sessions take place annually.

"The number of hyperbaric treatment (HDOT) sessions completed in UK wide MS National Therapy Centres has reached over two million and we have full recognition of our centres by the Department of Health for the treatment of neurological conditions in the community."
(Note: This statement precedes the name change from HBOT to Oxygen Treatment)

Phillip B. James, MB ChB DIH PhD FFOM (Retired)*
Professor of Hyperbaric Medicine,
Wolfson Hyperbaric Medicine Unit, University of Dundee.

** The new adviser on (O₂ T) is:*

Dr Petra Kliempt BSc, MPH, PhD Hon.
MS-National Therapy Centres Co-ordinator

Physiotherapy

We have a large unit, specifically fitted for providing physiotherapy; staffed at the moment with a Chartered Physiotherapist and two Technical Instructors. This unit is currently part funded with a grant from the Local Health Board, however we (H.O.P.E.) have an ongoing "in-house" revenue and capital spend to fund the grant short-fall, new and replacement equipment and maintenance charges. ***Approximately 2300 therapy sessions are carried out annually showing the need for this essential service by members.***

Partnership

In 2008 we formed a Partnership with the Pembrokeshire Branch of the Parkinson's Society. Under that partnership we have agreed a non-profit making contract whereby they have the use of our premises and services on Wednesdays for the purpose of Physiotherapy, alternative therapies and Social events. This works very well achieving a total of circa 700 therapy sessions per annum.

As mentioned above, we are totally dependant on funding in the form of donations and sponsorships from businesses and the public at large. Our projected annual costs in 2009/2010 will amount to over £100,000. So you can understand why our very existence is in the hands, and pockets, of the very generous people of Pembrokeshire and Friends of H.O.P.E. Worldwide. For that support we thank you all.

Thank you

Diolch yn Fawr

Ken Brombley

H.O.P.E Chairman

1st January 2010.

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