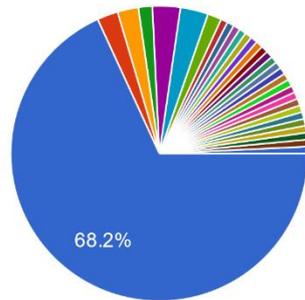


MS Centre Member Survey May 2024

What health conditions do you have?

132 responses

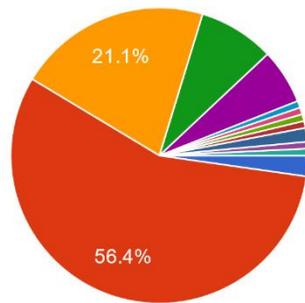


- Multiple Sclerosis
- Cancer
- Fibromyalgia
- Stroke
- Osteoarthritis
- Long or Post Covid
- Cardio-respiratory problem
- Copd

▲ 1/4 ▼

How do you access the Centre?

133 responses



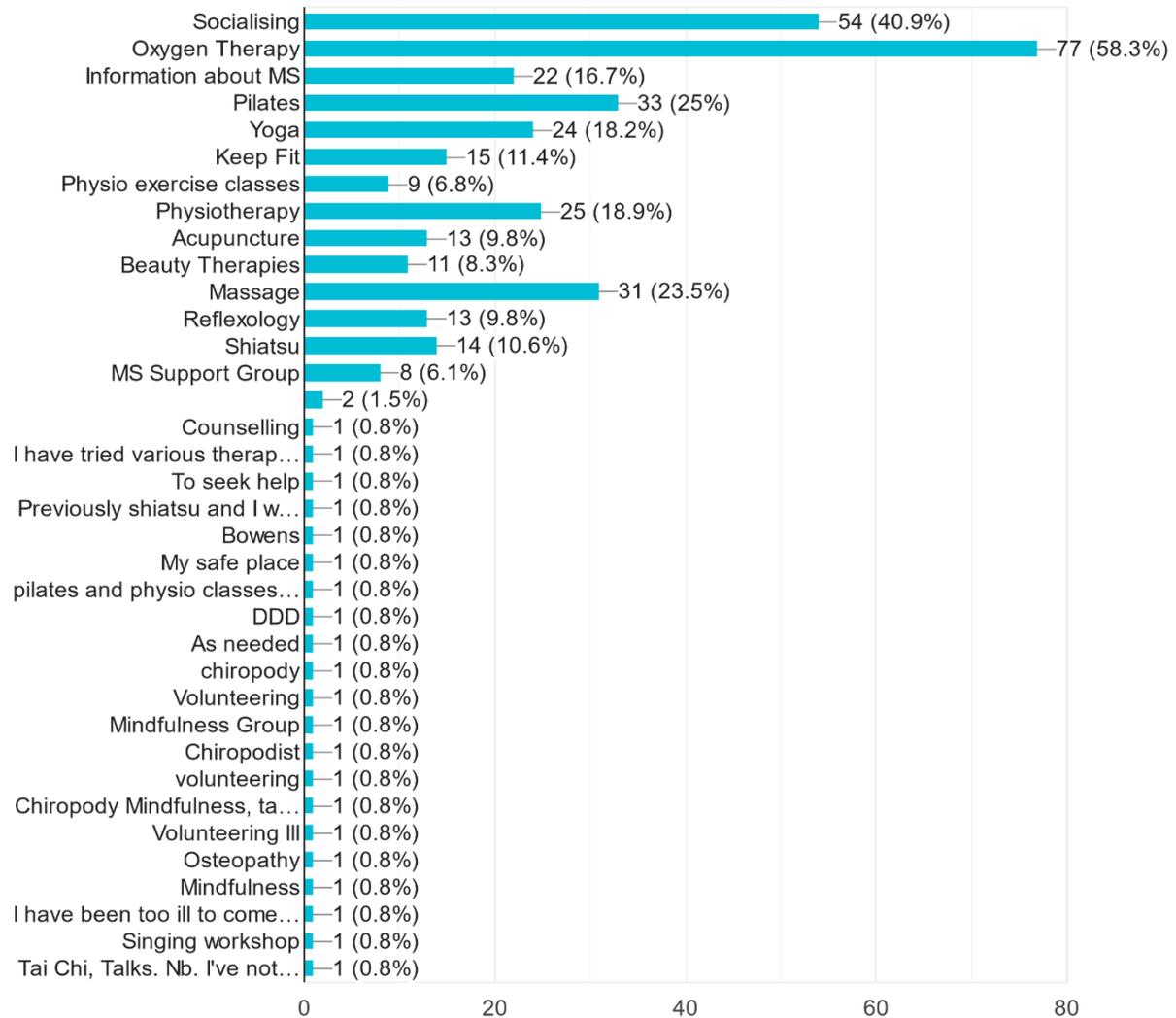
- Bus
- Car - I drive
- Car - someone drives me
- Train
- Taxi
- Walk
- Internet
- Awaiting PA support to be able to acc...

▲ 1/2 ▼

MS Centre Member Survey May 2024

What do you come to the Centre for? (Tick as many as are applicable)

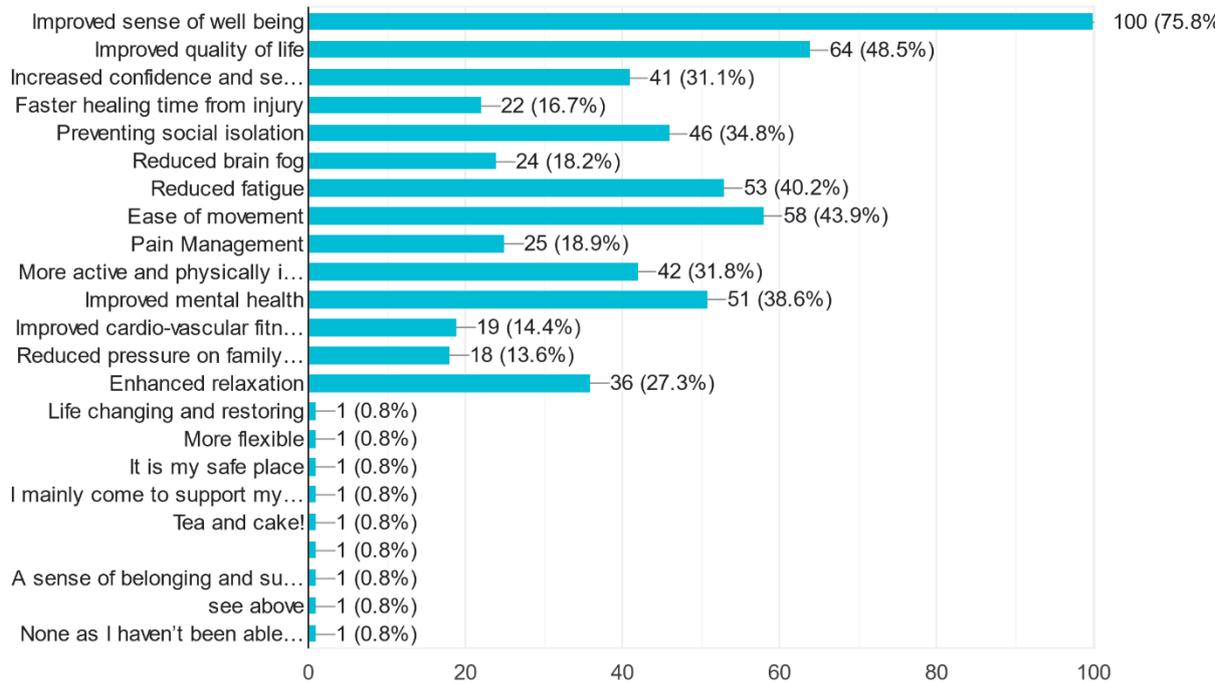
132 responses



MS Centre Member Survey May 2024

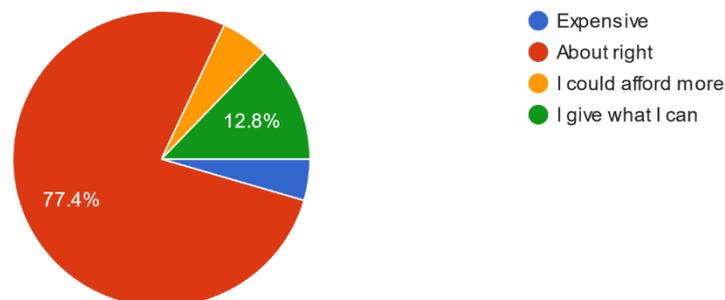
Please identify the benefits that you have experienced, as a result of using services at Sussex MS Centre (please identify as many as possible).

132 responses



Do you feel suggested donations for classes and Oxygen therapy, costs for therapies and membership are:

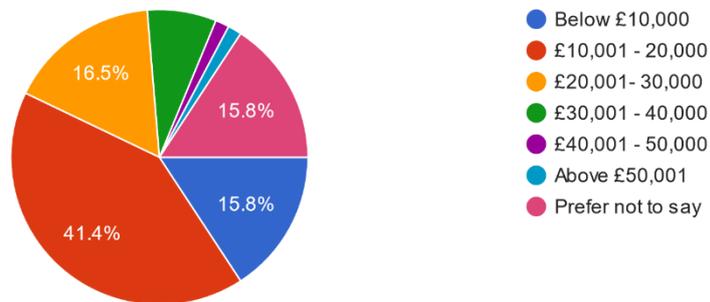
133 responses



MS Centre Member Survey May 2024

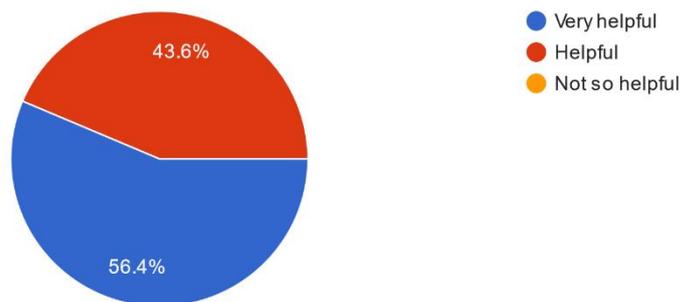
We would like to know more about you. Please tell us about your personal annual income (before tax and deductions, but including any benefits/allowances).

133 responses



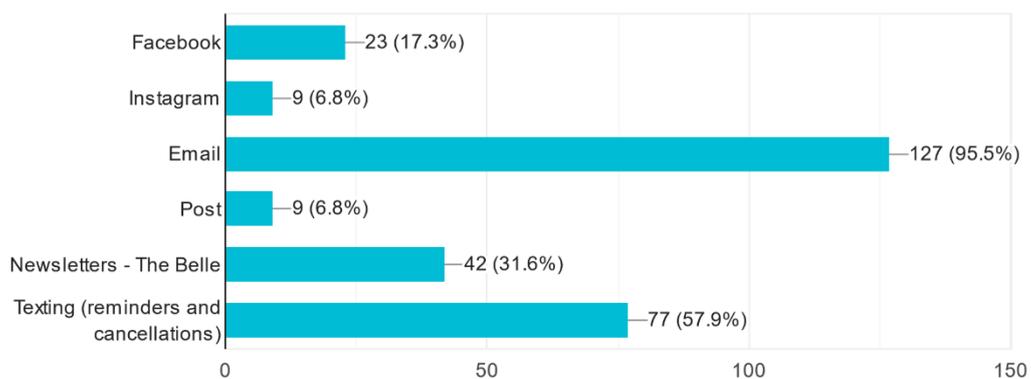
How helpful is our communication (emails, newsletters, Facebook, Instagram)? Is it:

133 responses



How do you like to be kept updated on services and activities at the Centre? (tick all boxes that apply)

133 responses



Are there any barriers to gaining support for your needs or taking part in more activities?

133 responses

No

no

No

More Zoom classes

The distance

Getting to centre

I'm currently in temporary accommodation which makes it difficult to get out. This situation will however shortly be resolved.

Not really

Only when bad health prevents me getting to the Centre

Yes! Unfortunately, I've moved away from this special centre 😞

Energy and expense involved in getting from East Brighton as I don't drive

Lack of mobility

none

Self confidence

Cost, transportation,

They are only available while during working hours and not in evening or weekends

Only physical

Lack of mobility and loss of driving licence have created major loneliness

it feels like they are more reserved for people with ms. the % increase seems a lot (25%) in % terms compared to other increases in the world though still worth it.

Money

I'm restricted by losing my parking space moved from my house to an apartment in the cen

Just sometimes feeling that it's hard to get to geographically but I know how fortunate I am to live in an area with a centre so this is get over able!

Financial

Money/cost -i am unemployed.

Members present as stuck in their old way; "Elvis impersonator, Fish and chips dinner- very much 70's

Purely the distance of me from the centre.

Travelling to centre is sometimes difficult

Distance

None

GETTING TO YOU

Now I work full time I'm not able to attend the centre much / at all

No barriers

Non at the moment

As there are a limited number of therapy sessions available sometimes they are difficult to book. All therapy slots should be offered as a priority to members with MS and any remaining slots to other member groups in the weekly "slots available" email

Time and distance are significant issues in the above.

None

Time and access to transport

I find the journey in is quite far so prefer not to do it to regularly. Although there are other classes I would like to do

cessation of key classes and associated therapeutic sessions

Fatigue

Fatigue

The cost of taxis

Yes I come a long way and find the trip tiring. I would like to come more often but cannot face the train and the walk to the centre. Usually someone takes me to the station afterwards. Taking a taxi to the centre makes it rather expensive

N/A

No; the Centre communicates and enables access expertly
my current very low energy levels

Transport, costs

The oxygen chamber is not accessible for normal sized wheelchair

Not really.

Just the milleage

Don't like to travel

My mobility is presently much reduced

Suitable couches and help to get on them

Distance away

Pain

None at all

Lack of carers at certain times

Finances since I lost my job and have had to work part time for myself

no none

Na

I'm not very mobile, can't easily get to the cetre

Cost of oxygen now

How to book other activities at the centre. People seem busy and not available to ask questions to

Purely distance from the centre

Totally reliant on getting a lift to and from Southwick

Distance

currently I'm housebound (pretty much)

I don't think so.

Cost and varying mobility and pain

yes the distance I have to travel, means I cannot participate as much as i would like to

No now I can drive

getting to the centre, cost of classes

I have a full time job so sometimes finding time for sessions is hard

Financial for the moment

Transport - I can't always rely on lifts or afford taxis.

I just need to look at whats on offer and decide what classes to take

Working full time and distance to travel (I live in Haywards Heath)

When Covid hit I stopped coming but thats all. Now I'm moving away so regret not trying

Oxygen therapy!

What other activities would you like to see in the Centre?

133 responses

None

Don't know

Not sure

Not sure

N/a

n/a

Zoom Yoga

I think you offer enough

None at present

Table tennis

Table tennis

none i can think of.

No

Unsure

Covered

More quiz nights

I can't think of anything to suggest but like to see new things being suggested/tried

not sure

It's pretty fabulous as it is!

Meditation

I'm not engaged enough at the moment to comment but it sounds as though there is lots on offer

Music lessons

candle making

Crafts

Option to purchase Food , sandwiches , snacks , soft drinks etc

Happy as it is

Sessions in evening or weekends

Comedy night

I am unable to think of any

A lap pool for weight free exercise if funding became available

Nothing I can think of.

You offer plenty already. It can be hard getting appointments sometimes though

Evening, weekend activities would mean easier access to family transport.

I live 22 miles away so can't attend very often

Can't think of any

Sound bath therapy

Bingo Afternoons just for fun and enjoying others company

feldenkrais or rolfing therapy might be of interest

Red Light Therapy

N/A

Don't know

I feel the centre covers all my needs

support group for carers

I can't think of anything specifically.

Weight resistance / strengthening exercise

Painting/art. More organized social events: Cream tea events, more quiz, fish n chip nights, none

I live and socialise differently than your set up, so can't comment on your offer, as I permanently find myself not inspired to join in, so I must be weird like that.

I think what you have got is fine

There's more than I can use anyway.

Already comprehensive - if sudden funds an aromatherapy pool on the wish list!

I like what's on offer

Assisted gardening group Trips to garden centres

WEIGHT LOSS EXERCISES

dancing

.

cant think of any!!- you do a great job!!

Meditation/mindfulness

The art and craft was fun at Christmas. It would be good to do it again

N/A for me

None come to mind

Creative classes

Can't think of other stuff that isn't s as already on.

Addition of cardiovascular equipment and associated strengthening equipment.

No more

Everything is ok for me.

There seems to be a good range already

Not sure. Osteopath and CraniosacrsI therapy

Think its about right.

Just about right for me; I like the social events (but not too many for me!) and I like to meet other folk over coffee.

can't think of any there is so much great stuff

Magnet therapy, bee venom therapy, pet therapy, homeopathy, Ayurvedic medicine

A gym with more equipment set up at all times.

Coffee mornings?

Happy with what's on offer

art classes

Can't think of any

What ever they can do

I am really happy with the oxygen

I am happy with and impressed by now much it does.

nothing

Don't know

Tai chi

Not really sure

Think your idea of a wave pool sounds exciting for those who could use it

A garden club with trips to GC

Not sure really

Cycling?

Another stretch class

MS Centre Member Survey May 2024

I haven't explored everything yet so I don't know

Na

More Meditation and mindfulness

Art, drop in coffee morning for all, creative sessions

Line dancing

Not at the moment

All fine

I think you've got it right.

Library

PiP help

Support group for carers (I care fro my partner with MS)

None I can think of at this time.