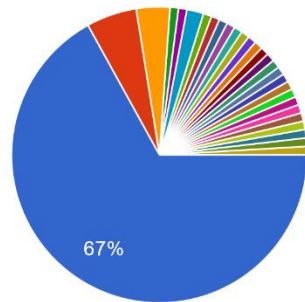


MS Centre Members Survey Results May 2023

What health conditions do you have?

109 responses

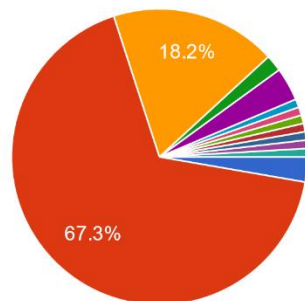


- Multiple Sclerosis
- Cancer
- Fibromyalgia
- Stroke
- Osteoarthritis
- Long or Post Covid
- Cardio-respiratory problem
- Neuropathy

▲ 1/4 ▼

How do you access the Centre?

110 responses

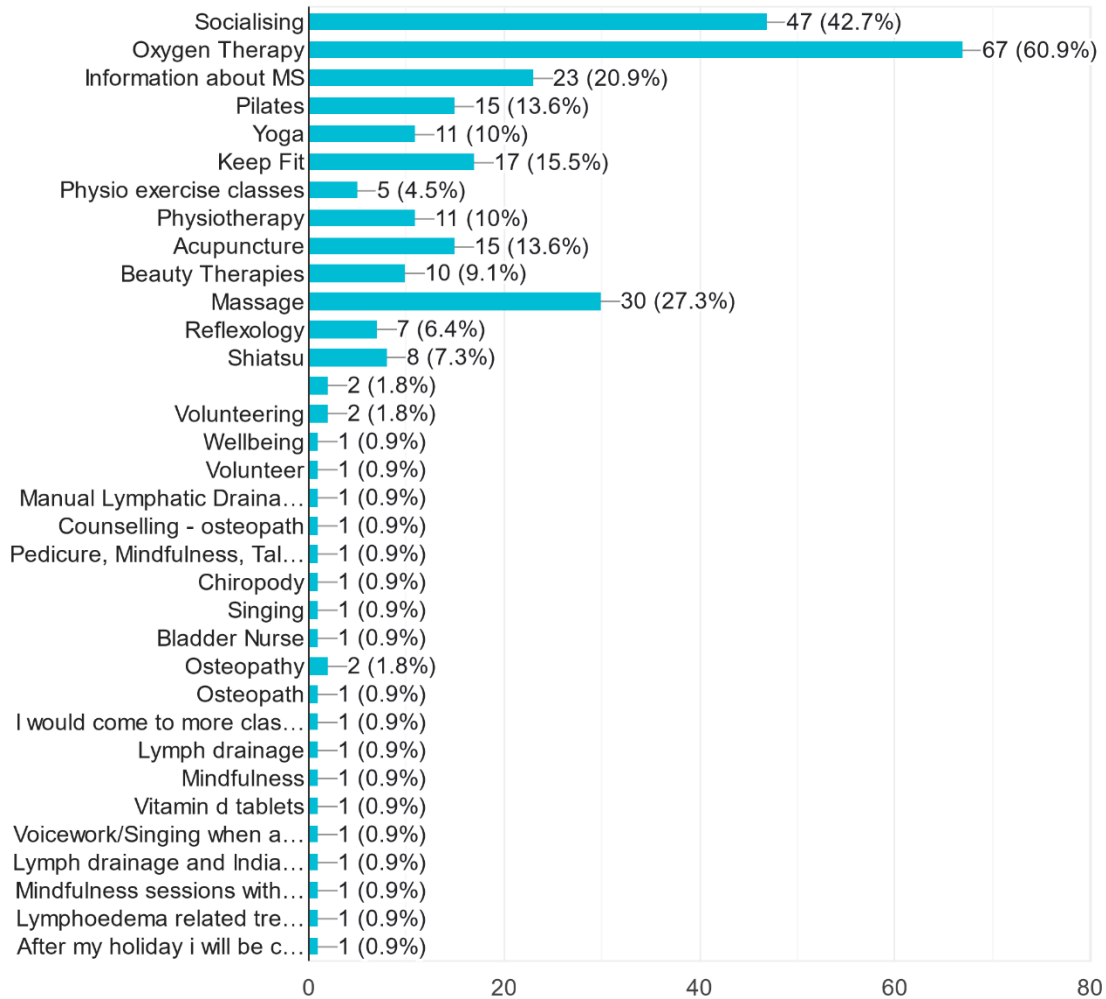


- Bus
- Car - I drive
- Car - someone drives me
- Train
- Taxi
- Walk
- Email, Zoom
- Mobility scooter

▲ 1/2 ▼

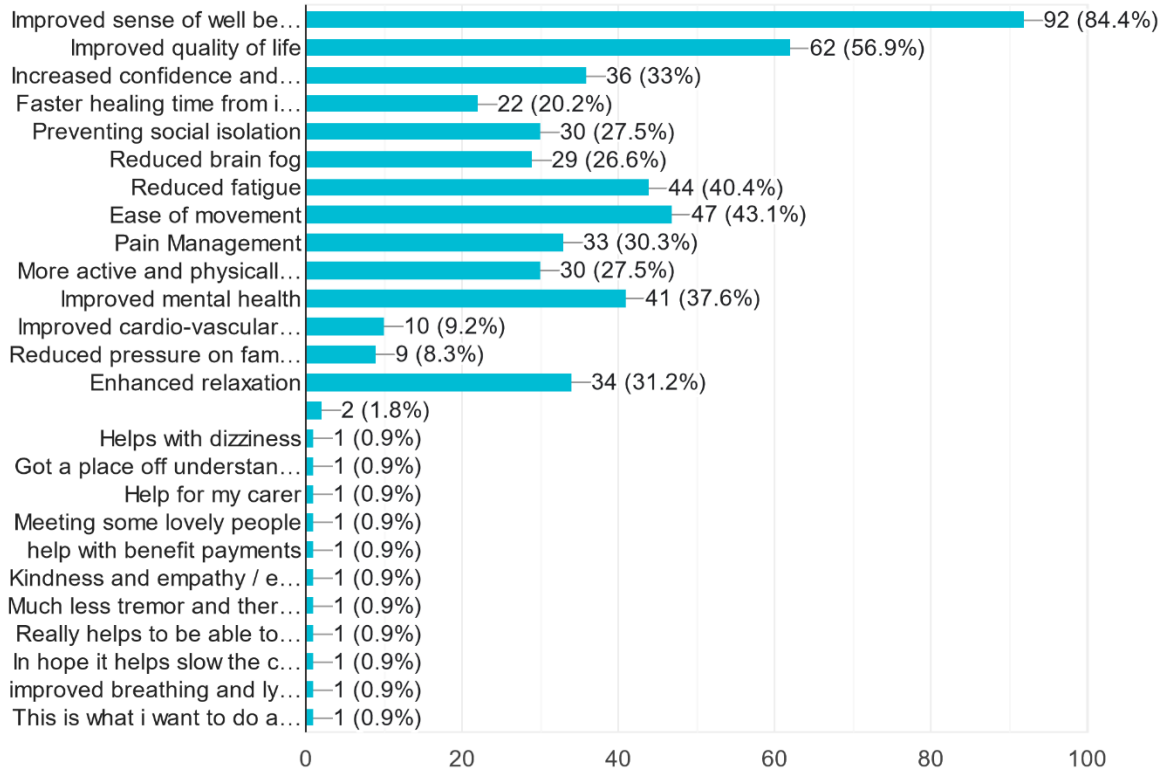
What do you come to the Centre for? (Tick as many as are applicable)

110 responses



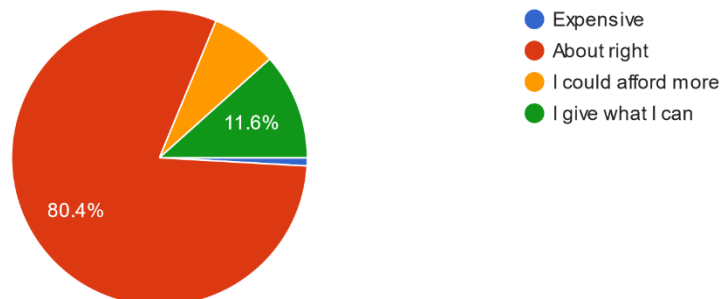
Please identify the benefits that you have experienced, as a result of using services at Sussex MS Centre (please identify as many as possible).

109 responses



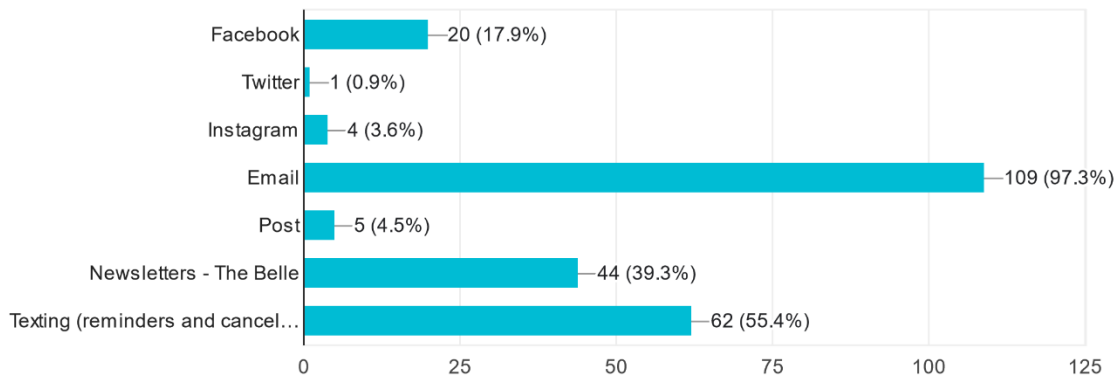
Do you feel suggested donations for classes and Oxygen therapy, costs for therapies and membership are:

112 responses



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

112 responses



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

No barriers = 46 people out of 112

Distance and travel issues = 33 out of 112

Condition (energy levels/fatigue/mobility/depression) = 13 out of 112

Their own work = 3 out of 112

Needs a carer to help = 3 out of 112

Money (lack of) = 8 out of 112

Struggle to see more severe MS in people because youngish

What other activities would you like to see in the Centre? (For example:- coffee mornings, dance classes, Tai Chi, peer support for new members/existing members)

Coffee mornings would be nice. 25

More yoga classes

Dance (for the brain as much as for physical benefit)

- Life coaching 1
- More talks = 3
- Tai Chi = 19
- Peer support = 1
- Dancing = 5
- Music = 3
- Benefits advice = 2
- Hypnotherapy
- Monthly lunch, resuming music classes (already happening on 5 June)
- perhaps coach trips to garden centres and places of interest
- More talks about research or programmes like OMS

- Perhaps a user group
- Self defence
- Would be good to have some creative /craft days at weekends
Maybe a help line for people experiencing problems someone to talk to maybe a counsellor
- I appreciate all the existing activities
- You already offer an incredible range of helpful therapies and socialising opportunities, thank you!
- Peer support buddying might be nice.
- I personally cannot come to the centre more than i do so can't take advantage of other activities at the moment
- There already seems a good mix. Best to have a tight range - done well...! Thank you.
- Discussion of hyperbaric medicine
- Detailed discussions of hyperbaric oxygenation treatment. Understanding of pressure and oxygen.
- Different types and styles of art groups
Theatre style group with a possibility of putting on small productions.
Or doing our own interpretation of BGT or stand-up comedy night or things like whose line is it
anyway, mock the week or QI etc.
Karaoke nights