

# Who are we ?



The MS North West Therapy Centre is a voluntary organisation situated in the grounds of St. John's Hospital, Ballytivnan, Sligo. It exists to enrich the lives of people with Multiple Sclerosis and related neurological conditions by providing essential services and support to our clients and their families.

We have recently completed an accessible and supported holiday facility in our state-of-the-art guesthouse, Woodhaven, which is situated on 1st Sea Road, Sligo, provides a combination of luxury holiday and professional care. With our specialised support, you will experience that well deserved holiday feeling.

Why not visit Essential Seconds Charity Shop the North West's number one charity shop situated in Wine St. Car Park, Sligo. Open 6 days, 9.30am-6pm. We have a large selection of ladies, gents, teens and children's wear as well as shoes, boots, hand-bags, bric-a-brac, books and nursery items.

All funds raised through Essential Seconds Charity shop goes towards the provision of services at MS North West Therapy Centre and Woodhaven.



# Our Services

The MS North West Therapy Centre provides:

- Specialised Physiotherapy in both one-to-one and group sessions
- Pilates
- Hyperbaric Oxygen Therapy
- Acupuncture
- Reflexology and other Holistic Therapies
- Hydrotherapy
- Counselling
- Social Worker
- Foot Care Clinic
- Catering and Transport

The Centre is also a conduit to HSE Community Services, including Occupational Therapy, Case co-ordinator, Orthotics, Incontinence Nursing and Speech and Language Therapy.



# Woodhaven



Woodhaven provides a home away from home on a short term basis and the provision of such a facility is imperative to the holistic well-being of people with MS and other physical disabilities and their families and carers.

The emphasis is on the deliverance of high quality care with a person-centred approach to ensure that social, emotional, and physical/care needs are included in the planning of your holiday.

Booking through website

see  
[www.woodhaven.ie](http://www.woodhaven.ie)



## Our Mission Statement

*'The MS North West Therapy Centre exists to enrich the lives of people with Multiple Sclerosis and related neurological conditions by providing essential services and supports to clients and their families'*

## Fundraising

The Centre relies heavily on the tireless dedication and enthusiasm of our fundraisers to enable us to continue to fund and support people with MS.

You can donate to the work of MS Centre by:

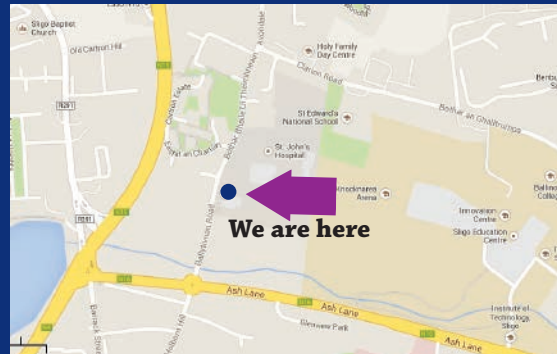
- Organising an event no matter how small: *cake sale, concert, no uniform day, raffle*
- Taking part, or sponsoring those who are taking part, in charity cycles, marathons and other sponsored events
- Buying our Christmas Cards
- Giving generously when you see our collectors at flag days and church gate collections
- Shopping at Essential Seconds Charity Shop
- Donating through Paypal on our website

For more information about fundraising

and ways to get involved please visit:

[www.mstherapycentre.ie](http://www.mstherapycentre.ie)

## Contact Details



**MS North West Therapy Centre  
Ballytivnan  
Sligo**

**Tel: 0719144748**

**Email:  
[info@mstherapycentre.ie](mailto:info@mstherapycentre.ie)**

**Website:  
[www.mstherapycentre.ie](http://www.mstherapycentre.ie)**

**Woodhaven  
1st Sea Road  
Sligo**

**Tel: 0719154991**

**Email: [info@woodhaven.ie](mailto:info@woodhaven.ie)**

**Website: [www.woodhaven.ie](http://www.woodhaven.ie)**

**C.R.O 188472  
Charitable Reg. No.10323 N**

## Get Involved

If you can volunteer your time and expertise to assist the MS North West Therapy Centre, please contact the Services Manager, at 071 9144748

# MS North West Therapy Centre Sligo

**"Providing essential services to  
people with Multiple Sclerosis,  
related neurological conditions, and  
their families"**