

Charcot NewsLetter

October 2025



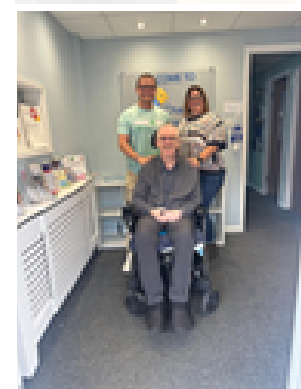
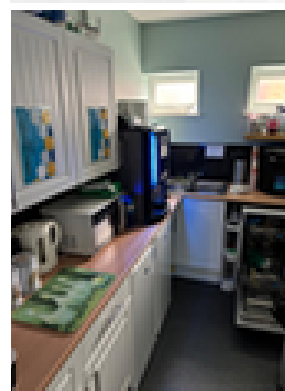
Autumn Update at the Charcot....

I hope this October newsletter finds you all well. The year is certainly flying by and chats of Christmas are already happening here in the office! Welcome to all of our new Charcot members please do make yourselves at home and be in touch if you have any questions.

We have quite a few dates for your diary coming up later. As I am sure you have all seen more changes have happened within the Centre. A new office layout, a new office team member, 2 new oxygen seats and a new all singing and dancing kitchen layout.

All very busy for our volunteer 'maintenance team' and very much appreciated from us for their efforts. We also have huge thanks to Nick from Hydroscand, Gloucestershire Rotary Clubs, Nick at B Grade Domestics and Mark for his kitchen fitting skills all these wonderful donations made these changes possible.

Although as has always been the case, my main focus is on the Charcot Community, my staff, volunteers, carers and supporters but, I alongside my board of trustees must also remain focused on generating income for our charity. Our Centre costs over £140,000 per year to remain open and one of our core objectives is to keep contributions for therapies as low as we can, but that depends on our fundraising and donation efforts. That is where you come in! Support for our fundraising events and raffles is essential for our longevity. We welcome any ideas for ways to help us raise money.



We have seen an incredible amount of support over the past number of months from families and friends of members raising huge amounts of money, Nathan on his London Marathon over £3,500, Craig and his Ironman 7.0 over £5,800, 'Big birthdays' and Quiz nights raising over £1,000, Collection boxes over £1,200 and grants and donations over £30,000. On our £40,000 for 40 years we are so very close to hitting our target and our collective thanks and my personal thanks go to each and every person, company or fund who has supported our charity.

WE CAN HIT OUR TARGET - CAN YOU HELP US?

We have our annual Christmas draw coming up If you, family, friends or workplaces could help with raffle prize donation we would be really grateful.

I can email a link to a request letter or next time you are at the Centre I would be happy to print one off for you.



Centre Changes: Our admin processes are being updated becoming much more digital and accessible to all. This in turn will start to see a saving on the amount of money spent on paper and postage. However, there will be times when we need to use these tools to impart information but we are going to try to be much more paperless.

Jade is flying into her new role and you will begin to see much more digital content across our social media platforms which will make getting information out to you much more instant. Jade has created a LinkedIn page and a YouTube page where we will be sharing videos and updates, alongside our regular Facebook and Instagram postings. Look out for the TikTok platform coming soon too.

Fiona has brought a new lease of passion to our team and is focusing on oxygen appointments and new member inductions. These will all be rolled into Mondays and Fridays to be more efficient going forwards.

These changes have seen a very positive new working ethos and you will all hopefully over the coming months see a much smoother way of communication and appointment management.

Your office points of contact will be:

Monday - Rae & Fi

Tuesday, Wednesday & Thursday - Rae

Friday - Rae & Fi

Jade will be sharing her time between the Centre and networking events so will not be readily available.

We are also needing to do our annual outside checks on the roof and a bit of external maintenance, does anyone have or know of anyone who has a Tower Scaffold with a 6m working platform we could possibly borrow. If you can answer yes please let me know details and I can pass to our maintenance team who will be very grateful.

Workshops

Gong Bath - Friday 17th Oct 12pm

Crochet & Chat - Friday 17th Oct 10am

Calm Workshop - Friday 24th Oct 12pm

Visiting Therapists & Sessions

CST - Every Tuesday & Thursday 1pm

Foot Care - Wednesday 29th October & Wednesday 12th November

FND Friends - Friday 7th November

Core Therapies

Acupuncture - Mondays and Tuesdays with Sally
Contact - 07730 231 921

Massage, Deep Tissue Massage, Reflexology & Hot Stones - Mondays, Wednesdays and Thursdays with Hayley
Contact - 07572 986 896

Well - Being Coaching with talking and CBT
Tuesdays - Thursdays with Fi
Contact - 07415 304 895

Seated Functional Exercise - Tuesdays & Thursday with Simon
Wednesday with Tony
Contact - 01452 419 246

Events - Various Places

Halloween Quiz - Friday 24th October 7pm

Christmas Fayre - Friday 12th December

Christmas Party - Friday 19th December
12:30pm