



Charcot
Therapy
Centre



STRATEGIC THREE-YEAR PLAN

Offering guidance, support, information and therapies to anyone living with or supporting someone with a neurological or long term condition



www.thecharcot.org.uk

CHARCOT THERAPY CENTRE

At the Charcot Therapy Centre we have over 40 years of experience helping and working with people in the Gloucestershire area living with long term health conditions, specialising in Multiple Sclerosis and other neurological disorders. We welcome people living with any neurological or long-term chronic illness and their carers as well as those with sports injuries or post operative recovery needs. We provide members with access to a variety of therapies including hyperbaric oxygen therapy, massage, acupuncture, functional exercise, chair-based exercise, mindfulness, sound therapy, reflexology, foot care, deep tissue massage, We also provide support with benefit forms, alongside peer support with our craft and hobby clubs and coffee mornings.

The management team have been developing a 3 year strategy plan to ensure we, at the Charcot Therapy Centre, can continue to deliver high quality service for all of our members while ensuring we have a solid foundation to continue building our future on. We pride ourselves on being a high-quality centre for individuals who live with long term or neurological conditions and their wider support network, providing an inclusive and inviting community hub where we can support and inform to improve the quality of life for the Charcot cohort.

Over the next 3 years to 2028 we will be focusing on 5 priorities, Quality, Support, Collaboration, Inclusion, and Sustainability. By focusing on these core values we hope to continue providing the high-quality services supporting our members through the rising cost of living, keeping focus on the needs of our members and securing our financial foundations to ensure we can continue to support the community for years to come.

QUALITY

We endeavour to ensure our management team remains member focused, establishing connections through our membership, services, and networks to provide support and practices of high quality for the Charcot cohort.

SUPPORTIVE

We are passionate about supporting everyone to grow, develop, find fulfilment and build confidence in their wellbeing and health whether they are member, staff or volunteer. Every person is unique and deserves the best support for their individual requirements.

COLLABORATION

We believe we are stronger together, whether it is working as trustees, staff and volunteers together, with our members through suggestions and ideas, or reaching out to our wider community and the services around us through networking and signposting. Collaboration ensures we are providing the services and space our members and team are comfortable with and supported in, while offering therapies, resources and services to improve the health and wellbeing of everyone at the Charcot.

INCLUSION

We strive to be a safe and welcoming hub for everyone. Our aim is to reduce social isolation and promote a healthy environment where everyone is respected, included, and encouraged to be themselves. Promoting peer support and collaboration of thoughts and ideas from our diverse community.

SUSTAINABILITY

Our management team are dedicated to developing the growth and sustainability of our centre, ensuring it is here to support the community for years to come. We believe that through ongoing training, collaboration, and determination to stay ahead in today's financial climate by utilising our grant funding and raising donations, we can secure the future at the Charcot.

These priorities for the next 3 years have been shaped by our existing experience, and drawing on knowledge from our sector, our wider network, and from our own membership cohort, working in collaboration to produce a high-quality service and a secure sustainable future.

To enable us to deliver these priorities we will;

- Promote the centre to all who would benefit, utilising social media, marketing and networking, whilst maintaining a high-quality standard of service
- Continue to pursue and generate accessible clinics in collaboration with the NHS and other charities and organisations.
- Continue to focus on corporate and grant fundraising, alongside additional donation raising to ensure sustainability and financial viability of our charity.
- Maintain and update our hyperbaric oxygen equipment and the building to ensure it remains in a good state of repair and they remain cost effective whilst being environmentally sustainable and suitable for current use.
- Develop and monitor a staff and volunteer training programme, and ensure ongoing trustee development. This includes creating and reviewing surveys from our management team to our membership cohort.

Vision: The Charcot Therapy Centre is a community hub for people living with or supporting someone with a neurological or long-term condition. We embrace collaborative working with both charities and statutory services.

Mission: The Charcot Therapy Centre strives to be an informative, inclusive and inviting community hub delivering unique and alternative therapies specific to our members in a safe, non-clinical, homely and friendly environment.

Alongside our dedicated team of therapists, we support and encourage individuals in their well being and symptom management to live a good quality of life.