



Neuro Connect

the place where you can.

WINTER 2026 | ISSUE NUMBER 01

Introducing the Kent Neuro Therapy Centre

Learn more about us
and what we offer

Launch event for our
new identity

What's new for
members

Neuro massage as a
complementary
approach





**THERAPY HERE DOES NOT
HAPPEN IN ISOLATION. IT TAKES
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SPECIALIST ENVIRONMENT
WHERE PEOPLE FEEL
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PART OF A COMMUNITY.**

Letter from the Chief Executive

I am truly delighted to be writing this introduction to the first edition of Neuro Connect as we step forward into the future as Kent Neuro Therapy Centre.

After 18 months of careful planning and meaningful consultation with members, partners and the wider community, it was a genuine honour to officially open and launch the Centre. The feedback we have received since our launch events has been incredibly heartening. What has resonated most is how calm, warm and welcoming the Centre feels to everyone who crosses our threshold - exactly as we had hoped it would.

This edition celebrates our new identity, with highlights from our launch events and an insightful article by Iuliana Vasile. We are also proud to shine a spotlight on member Nick Curry, who generously shares his journey following his stroke.

As I close, I would like to reflect on what makes Kent Neuro Therapy Centre so special. Therapy here does not happen in isolation. It takes place within a welcoming, specialist environment where people feel understood, supported and part of a community. Our approach enables individuals to feel confident in their care, supported on their journey and empowered to move forward in ways that truly matter to them.

We truly are the place where you can.

With warm wishes,

Heidi Coleman

Chief Executive

INTRODUCING

Kent Neuro Therapy Centre

Transforming lives with experience, compassion and connection.



Photography by Cemanthe McKenzie and Alex Durham

Kent Neuro Therapy Centre officially launched on Thursday 29 January, marking a major step forward in widening access to expert care and therapies for people living with neurological and long-term conditions across Kent. The launch formally signals the charity's expanded remit to support people affected by stroke, Parkinson's disease, delivered by an experienced multidisciplinary clinical team.

The opening event, held at the Centre's Canterbury site, brought together supporters, partners, clinicians and civic leaders, including the Lord Mayor of Canterbury, Keji Moses, and the High Sheriff of Kent, Jonathan Neame. The occasion celebrated not only the launch of a new identity, but a renewed commitment to addressing significant unmet need within the neurological community.

Speeches were delivered by Chief Executive Heidi Coleman, Steph Senior, Chair of Trustees of the Frank Brake Charitable Foundation, and Jill Tompkins, Vice Chair of Trustees of Kent Neuro Therapy Centre. Member, Gill Oliver then officially opened the Centre. Together, they reflected on the charity's 40-year legacy as Kent MS Therapy Centre and its evolution to respond to the growing demand for accessible, life-long neurological support.







A new chapter for our charity

We're Kent Neuro Therapy Centre. We exist
because no one should face a neurological
condition alone.

Building on over four decades of supporting people living with MS, we now provide services for those living with stroke, Parkinson's disease and other neurological conditions.

Our mission is to deliver expert neuro and complementary therapies that improve quality of life and support long-term independence.

With over 1 in 6 people in the UK affected by a neurological condition, we are committed to making specialist neuro therapy more accessible across Kent.

Our name has evolved. Our commitment has not.

WHAT THAT MEANS IN PRACTICE



Every therapy programme is personalised and evidence-informed, shaped around each individual's goals and challenges.

Care is guided by current clinical research and delivered by experienced professionals in a specialist, welcoming environment.

Progress may mean rebuilding strength after stroke.

It may mean managing fatigue with Parkinson's.

It may mean maintaining mobility with MS.

Whatever the goal, therapy is practical, structured and grounded in long-term support.

**WE SUPPORT PEOPLE EXPERIENCING
CHANGES TO MOBILITY, FATIGUE,
BALANCE, PAIN, CONFIDENCE AND
MOOD.**

OUR THERAPIES



Physiotherapy

Comprehensive assessment with a qualified physiotherapist, followed by a personalised rehabilitation plan tailored to your neurological condition, goals and progress.



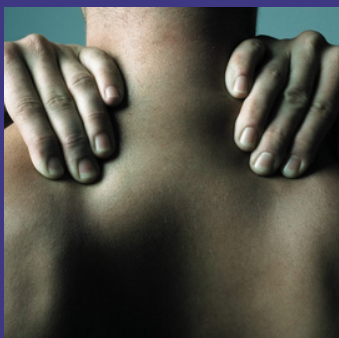
Hydrotherapy

Aquatic physiotherapy supports safe movement, reduces stiffness and pain and improves strength, balance and coordination. Offered as one-to-one programmes and supervised group classes. Also offering aqua yoga and aqua circuits.



Gym sessions and classes

Physiotherapist-led classes and open gym sessions. Our neuro gym provides a safe, accessible space for regular, meaningful exercise. Also offering Pilates and yoga - seated and standing.



Complementary and wellbeing

Therapies designed to ease pain, fatigue and stress while supporting wellbeing and quality of life. Including podiatry, massage, lymphatic drainage, reflexology, acupuncture and APS.



Counselling

Emotional and psychological support to navigate the impact of long-term conditions.

1:1 and peer support group sessions available.



Oxygen therapy

This involves breathing 100% pure oxygen through a mask in an enclosed chamber at increased atmospheric pressure. It is used by people living with multiple sclerosis, stroke, Parkinson's, fibromyalgia, ME/CFS, long COVID and osteoarthritis, and may also support recovery and general wellbeing.

What's new for members



Occupational therapy

We've been delighted to welcome Katie, an experienced occupational therapist, on Friday mornings here at the Centre. She has been running a new **Fatigue Management** group as well as our **Upper Limb Rehab** group for those recovering from a stroke. It's been fantastic to see the progress our members have made during these sessions.

New fitness classes with Vanessa

Ginga Swing

Monday | 2.30pm | £6

Ginga Swing is a joyful dance class inspired by Brazilian rhythms, including samba. Rooted in natural sway and resilience, it builds coordination and confidence through feel-good movement. Seated or standing options available. No experience needed.



Regulate and Rhythm

Friday | 2pm | £6

Regulate & Rhythm is an inclusive seated dance and neuro-wellness class using gentle rhythmic movement, play and guided meditation. Sessions support nervous system regulation, drawing on vagus nerve research to help shift from stress into calm.

We support



Stroke Friendship Café

Wednesday 8 April | 10am | Free

Come along to our first Stroke Friendship Cafe led by the team at Stroke Association. Open to all affected by stroke as well as their carers. You will gain social support as well as confidence and direction. We hope you can join us.

You may have missed...

New seated Pilates
class with Becky

Mondays 1.30pm

Additional gym
sessions with Chris
(Tues, Weds, Thurs)
and Vanessa (Mon and
Fri)

New Balance Warrior
class with Katie and
Chris

Thursdays 11.30am

Book all therapies via Reception on 01227 470876 or at the desk

Fundraising highlights

Celebrating the individuals and partners supporting our work

Claire is taking on the London Marathon 2026 in support of Kent Neuro Therapy Centre, inspired by her dad:

"My dad has been living with MS for over 42 years and the Centre has been life changing for him. It provides friendship, support, routine, development, peace and relaxation. It is a wonderful community that also supports my mum and all other carers."



Claire has already **raised over £4,000!** She has organised and taken part in a wide range of fundraising events, including singing performances and speaking at her workplace about the challenge she has set herself.

Her commitment, creativity and determination are inspiring. If you would like to donate to support Claire - [you can do so here.](#)

Community support



A huge thank you and congratulations to all members at Hythe Golf Club. We were their chosen charity last year and together they have raised **over £4,000** to support our work.



"This year I am again taking part in the London Landmarks Half Marathon. I have been training hard and hope to run and walk to complete within 3 hours. This will be a real personal challenge, as last year I had to nordic walk it due to injury." - Mandy Summers
[Donate here](#)

Pool fund update

We are pleased to share that we have received a generous donation from the Mark Benevolent Fund and the Grand Lodge of Mark Master Masons of £18,000. We've also received £2,000 from the Roger De Haan Charitable Trust.

Frank Brake Charitable Trust have given us £10,000.

Also, thanks to everyone who has generously donated to the fund. We look forward to re-opening the pool!



Neuro massage as a complementary approach in neurological rehabilitation

By Iuliana Vasile

MFHT, MAR – Massage and Neuro Massage Therapist, Reflexologist, Chi Medics Practitioner, Reiki Master – part of the Kent Neuro team since 2017

“1 IN 6 AFFECTED.” “MORE THAN 600 KNOWN NEUROLOGICAL CONDITIONS AFFECTING THE BRAIN, SPINAL CORD, AND NERVES.”

These statistics hide behind them countless ways in which that “1 in 6” life is impacted, as well as the hard and complex work carried out by affected individuals and rehabilitation specialists.

When we mention rehabilitation therapies, the first thoughts usually go to physiotherapy, hydrotherapy, occupational therapy, life coaching, social work, and speech and language therapy. But there is one more therapy that can be successfully included in the list of Life Improvement Specialists and Practitioners – Massage Therapy, especially Neuro Massage.

What is Neuro Massage, and how does it differ from other types of massage?

A simple answer would be that it is an extremely carefully tailored form of bodywork – manipulation of the soft tissues – which specifically takes into consideration the neurological condition, aiming to alleviate certain symptoms and contribute to rehabilitation.





In reality, it is much more than that. It is the time spent in a relaxing environment, a tranquil oasis to “escape” the outside world. It is the warmth of the therapist’s touch, the calmness of their voice, the dialogue between therapist and muscles and joints. It is the moving of the body’s energy, gently guiding it back into its natural homeostatic flow and pathways.

It is chemistry – in the best sense – as massage is well known to release endorphins, the body’s natural painkillers.

Studies have shown that Neuro Massage can successfully address symptoms such as pain, sleep difficulties, mobility issues, and fatigue. People with neurological conditions often experience significant benefits after regular treatments. Some were initially hesitant to try, and many later regretted postponing it for so long.

Massage – as part of CAM (Complementary and Alternative Medicine) – is increasingly coming into focus in the medical world, with more and more studies being conducted on how massage can impact various conditions, including neurological and neurodegenerative ones.

Appointments with Iuliana can be booked via Reception on 01227 470876

References:

*Massage Therapy Treatment and Outcomes for a Patient with Parkinson’s Disease: a Case Report- [Yolanda Casciaro](#), 2016

*Massage therapy for essential tremor: quieting the mind- [Nicole Riou](#), 2013

*Massage Therapy for Dystonia: a Case Report-[Michelle Lipnick](#),2020- National Library of Medicine- NIH, <https://pmc.ncbi.nlm.nih.gov>

*Research Demonstrates Massage Therapy’s Positive Role in Aiding Brain Health - [Jimmy Gialelis](#), [LMT, BCTMB](#), January 19th, 2024 – Institute for Integrative Healthcare, <https://www.integrativehealthcare.org>.

GET INVOLVED



Coffee mornings

Last Saturday of the month 10am-12pm

Join us for a relaxed coffee morning in our social area. Refreshments include bacon rolls, homemade cakes. Our charity shop will be open. Free to attend. Fully accessible building with parking.



Pool relay

*Friday 27 March
9am-1pm*

Join our members' pool relay. Walk or swim your distance, challenge yourself, and fundraise for the Centre. Sign up with your physio or at reception.



Challenge

There's something to suit everyone

If you're a keen runner, walker, adrenaline junkie or looking for something unique. We have access to a wide range of popular events or can help you create your own challenge.



Golf Day

*Friday 12 June
Canterbury Golf Club*

Our popular annual event is open for bookings. Enjoy a bacon roll, 18 holes, a two-course lunch, auction and raffle. Fourballs are £360.



Summer Fayre

*Saturday 27 June
10am-2pm*

One for our community! Join us here at the Centre for craft stalls, charity shop bargains, a raffle, tombolas, games and refreshments. Free to enter.



Get in touch

Need some help planning your own fundraising idea? Our fundraising team - Nancy, Mia, Marilyn and Sally - are here to give tips and advice.

Contact the fundraising team

fundraising@kentneuro.org or 07768 564866



Nick lives near Canterbury with his wife and two dogs. In the past 25 years, he's built a lifestyle supplement business from scratch, Evolution Slimming, a venture that has grown into a global company. He was used to being busy, focused and in control. He also took his health seriously, going to the gym daily and doing an hour of cardio every morning as part of his routine.

In June 2024, at the age of 62, Nick's life changed in an instant when he had a haemorrhagic stroke - with no prior warning signs.

Because the stroke was so large, doctors told him that 80% of people don't survive. Nick was told that his fitness saved his life and he describes it as being given a second chance.

Nick says the stroke completely changed his life. He feels he has lost everything - including the hobbies he loved, like boating and cars - and says it also changed his marriage. At the same time, he remains deeply grateful for his life.

He also describes how the stroke has affected him emotionally. Before, he never cried. Now, he finds himself becoming tearful far more easily. Mentally, Nick says he feels he lacks the sharpness he once had - that he isn't quite there.

NICK'S STORY

www.evolution-slimming.com

Discount code: Neuro30 for 30% off



Feeling like “just a number”

Nick’s experience following the stroke was incredibly difficult. He says he was treated badly during his time with the NHS and received very little therapy. He was quickly discharged from hospital and sent home - to a bed in the lounge of his house, which was in the middle of renovations - with carers attending daily. But he felt there was no meaningful rehabilitation support.

He describes feeling like “just a number”.

Determined to keep moving forward, Nick has funded his own recovery. So far, he has spent £80,000 of his own money on private rehabilitation over the last few years.

Finding the Centre

Nick found Kent Neuro Therapy Centre through Google, after searching for alternative stroke treatments. Our oxygen therapy service came up and he began oxygen therapy at the Centre in October 2025.

“The Centre has been a godsend for me, it gives me something to look forward to every day. I say to myself I’m going to work.”

Since joining, Nick has explored a wide range of therapies to support his recovery alongside physiotherapy sessions with our experienced neuro therapy team.

He has tried **reflexology** with Deborah, Mel and Iuliana - “all different but brilliant” - as well as **counselling, acupuncture, aquatic physiotherapy and gym** sessions. More recently, he has been taking part in our new **upper limb group** for stroke members with an occupational therapist, which he particularly enjoys.

“All the staff at the Centre are excellent, knowledgeable and capable.”

Progress and frustration

Nick has noticed his strength coming back and he is now able to walk with a stick. But, like many stroke survivors, he finds the pace of recovery difficult. He is frustrated by how long progress takes, as he never expected it would take this long.

Nick has worked with many physios during his recovery. While they all use the same principles, he’s found each has a different approach and values the skill and expertise he receives at the Centre. He particularly looks forward to his weekly physiotherapy sessions with Clinical Lead Physiotherapist Hazel.

The power of community

As well as clinical support, Nick has found the social side of the Centre hugely important. He was surprised to meet so many people who are recovering from the same type of stroke as him and can share experiences and offer mutual support.

“The Centre is by far the best place I’ve been for support since the stroke”.

He also describes the relief of being able to access the Centre’s services at an affordable rate, for as long as he needs - providing long-term, consistent support.

Nick is no longer able to drive, so he now relies on taxis to get around. After watching the Paralympics, he researched one-armed wheelchairs and had one tailor-made to help him move independently as his left arm lacks the strength needed to move the wheel.

Today, his sons are running his business. They had only just started working for him before his stroke.

But despite everything, he remains determined, and grateful for the support he has found.

“I’m glad I found this place, it’s brilliant.”



Expert care and therapies empowering those living with MS, Parkinson's and stroke.



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www.kentneuro.org

Visit our website by scanning the QR code



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