

MS Society

Bexley & Dartford Branch

Telephone

020 8306 7050

Helpline

0808 800 8000

The Bexley and Dartford Branch was established in 1965 to provide local contact for all people with MS and their families.

We offer a range of help based on individual needs, which includes sharing information and providing people with the opportunity to meet one another. In this way the branch seeks to encourage people to reach their full potential and promotes the well-being of all people affected by MS – including families and Carers.

We have fully adapted bungalow at Eastbourne.

We have many fund raising events throughout the year, as well as a monthly social support meeting at the Inspire Centre Slade Green.

We give grants to help people affected by MS.

Registered Charity No. 207495

Acacia Hall

High Street, Dartford, Kent DA1 1DJ

BY CAR

From Coast A2

Turn off at M25 junction signposted to **Dartford**. At roundabout take 3rd exit signposted **Dartford A225**, then see below for directions from A225.

From London A2

Turn off at M25 junction signposted to **Dartford**. At roundabout take exit signposted **Dartford A225**, then see below for directions from A225.

From M25 Northbound

Turn off at junction 2 to **Dartford**. At roundabout take 2nd exit signposted **Dartford A225**, then see below for directions from A225.

From M25 Southbound

Turn off at junction 1b. At roundabout take 3rd exist signposted **Dartford**. At roundabout go straight across signposted **Dartford A225**, then see below for directions from A225.

From Dartford A225

At roundabout take 1st exit to **Dartford**. At roundabout go straight across into Princes Road. At traffic lights, turn right into Darenth Road. Follow until T junction, turn left. Keep in the left hand lane to the traffic lights, go straight across. Entrance to Acacia Hall is 60 yards on the left hand side.

BY TRAIN

Ten minutes walk from Dartford Station.

MS

Bexley & Dartford

Helping people with long term conditions

Exercise class for people with long term condition.

Call Jenny for more details on

01322 408 908

Every Wednesday 10.30 to 12.30

Acacia Hall, High Street, Dartford, DA1 1DJ

FREE to join!

Refreshments afterwards.



EXERCISE CLASS



Self Help Physiotherapy Group for people affected by long term conditions

The Multiple Sclerosis Bexley and Dartford Branch is currently running a Self Help Physiotherapy Group at Acacia Hall, Dartford, it is open to all with any type of long term condition provided you can get around unaided (we do not have any Carer assistance available at this time). We have now been there for over a year and feel well established. We use the Studio which is better than the gymnasium, which was rather too large! There is now a ramp installed and wheelchairs can now access the studio so all are welcome to join us.

We work with a personal trainer' but it is a self help group and the group members working to to their various strengths and abilities.

The group meets on **Wednesday 10.30 to 12.30** with **refreshments** after.

Kent County Council is funding the group so there is no cost the participants, and the group is open the all types of long term conditions.

If you would like to attend or for more information please call **Jenny** on **01322 408 908**.



Exercise class, every Wednesday, 10.30 to 12.30, Acacia Hall, Dartford