

A place for...

Outreach Services

The aim of the Outreach service is to provide exercise therapy for people living in parts of Cornwall who find it difficult, or are unable to get to the Merlin MS Centre.

Exercise provides many physical and mental benefits for individuals with Multiple Sclerosis and other neurological conditions. It has been shown to improve strength, bladder and bowel function; improve balance and posture. It can also help reduce falls, reduce fatigue and promotes well-being, motivation and self-esteem.

Currently, the Outreach team provide group sessions at two venues in Cornwall. Tuesdays at The Dragon Centre, Bodmin, PL31 1DE.

Wednesdays at Aspire South West, Unit 15, Marsh Lane Industrial Estate, Hayle, TR27 5JR.

In addition, once a month in Hayle, there are one to one sessions with our specialist neuro physiotherapist. Weekly half-hour health and well-being therapies are also available at this venue, but these must be pre-booked.

The service is for both registered and new clients of the centre. Refreshments will be available after the sessions providing the opportunity to meet others in the community whose lives are affected by long-term conditions.

Charity No. 1093691



Merlin
MS Centre

Class Times


Bodmin Tuesdays 10.30-11.30 (both seated and standing sessions combined)

Hayle Wednesday 10.30-11-30 (both seated and standing sessions combined)

Refreshments will be available after each session




Booking in advance is essential
For more information speak to the
Therapy Team

 01726 885537

 physio@merlinmscentre.org.uk

www.merlinmscentre.org.uk
Merlin MS Centre, Bradbury House,
Hewas Water, St Austell, Cornwall, PL26 7JF

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