

28th March 2022

From the “other half’s” point of view...

My partner Peter is 51 and has had Multiple Sclerosis (M.S) for about 15 years. Gradually over the years he has become less mobile and consequently more depressed. He had reached a stage of not being able to do anything for himself. His day basically consisted of me getting him downstairs then him not moving all day except for getting up to struggle to the toilet. Going anywhere had become more trouble than it was worth because of the difficulty of getting him in and out of the car and the embarrassment he felt about being the odd one out and accessibility issues. Needless to say life was miserable for him but also for me as it made him bad tempered and a nightmare to live with.

Then I read a leaflet about M2M. They were looking for volunteers for a 6 week trial regarding how exercise helps with neurological conditions. He wasn't keen, gave me every excuse under the sun but I rang up and talked to Charlotte. She gave me the first glimmer of hope I had had in years so I dragged him along. He could never be persuaded to go to a gym before because he felt like everyone would be looking at him, laughing at him. Not here! As soon as we walked in I felt at ease. Amazingly there were other people like Pete and they were using exercise equipment. Charlotte and her team were all welcoming, interested and highly proficient.

Four months on I am not exaggerating to say that Charlotte has changed both our lives. My arms used to be covered in bruises where he had grabbed onto me because he was falling and my back was extremely painful from lifting him. He still has M.S but he can get upstairs, to the loo and in the car so much better. We have been to physiotherapists before but none have ever managed to keep him motivated. Not so with Charlotte and her team. The change in Pete is not just physical; he is so much more positive (and nicer to live with!)