

### **Liz Toogood**

Liz is living with MS and has been accessing therapies at the MS Therapy Centre for the last 14 years.

Following a forty-year career mainly in management and board level positions, the last as CEO of Bedfordia Motor Holdings, Liz set up her retirement practice mentoring small business leaders.

Liz is an integral part of Bedfordshire life and has been recognised as one of Bedfordshire's inspirational women, 2018 and most recently, has been appointed a Deputy-Lieutenant of Bedfordshire, supporting HM Lord-Lieutenant Helen Nellis.

Liz is passionate about the MS Therapy Centre and is particularly interested in making sure that the Centre helps people newly diagnosed with MS to continue with their work and lifestyle, whilst supporting them in any way they might need.

### **Maggie Marshall**

Maggie has been a member here since she was diagnosed in 2002 ,during which she has benefited greatly from the therapies and friendships with other members.

Maggie's 50 years of working life were spent in retail, 25 in retail management followed by owning my own gift shop .

When she could no longer run my shop, Maggie started selling on eBay which she still does.

Four years ago Maggie opened an eBay site to raise funds for the Centre, recruiting two other members to help. They have kept going throughout the pandemic and hope to get back to their previous level of fundraising next year.

Maggie says "I can see that going forward the Centre will have to do a lot of rebuilding and I would like to help."

### **John O'Mahony**

John O'Mahony was diagnosed with RRMS in June 2018 and this has steadily progressed to PPMS. Before the Diagnosis, John was a very active man playing soccer to a good level and during 2015 ran 12 marathons in 12 months (7 abroad and 5 in Uk) to raise monies for Macmillan Cancer Care. John is aware of the need for fundraising to help Charities survive and help others.

John was also a very hard working Mechanical/Electrical Project Manager working for the Local Bedfordshire Pilgrims Housing as well as Councils in Brent/Haringey and more recently at Welwyn/Hatfield.

John has managed various Budgetary fiscal stimulus ( circa £5-8 Million) and always looks for value for money and Budgetary controls. John also understands all aspects of Building construction and dealing with both Councils and contractors to ensure Fairness and value for money"