

An update from KICC Active Lothian



A new seated yoga class for wheelchair users will start in Livingston at the Ability Centre at the beginning of September. This class is specifically for those who cannot stand and whilst it will have some gentle stretching the main focus will be breathing techniques, relaxation and mediation. KICC Active Lothian have partnered up with yoga teachers in East and West Lothian to provide “yoga for healthy lower backs” courses. These 12 week courses have been clinically proven to be effective in the management of back pain and are being offered in Musselburgh and Bathgate starting in September.



New “Keep Moving” circuits classes have started in Newington. These classes are designed by a physiotherapist and are being provided by staff from the Thistle Foundation. There are ten to twelve stations each with a different exercise to work on balance, strength and flexibility, it's both challenging and fun!

To sign up to a class or for more information contact Joanna on 07436 102 726.

Volunteer of the Month Awards

As always, a huge “thank you” goes to all our volunteers for giving up their time to help deliver services here at the centre. Each and every volunteer is an important part of the team; here are just three who have stood out over recent months:

March—Heather McIntyre

Heather has been an asset to the centre since joining our the team in September last year. She is never idle for a moment, but always finds time for a chat and a bit of banter! In addition to two regular shifts each week, Heather has provided additional cover when needed, and has been invaluable in helping to train new volunteers.

April— James Wilson

James became an Oxygen Operator at the beginning of 2014, and has been a great addition to the team. He approaches the role with great initiative, and is unflappable—no matter what situation arises! With James around, we know that Wednesday mornings are in good hands.

May—Brydon McLafferty

Brydon was nominated by the KICC Co-ordinator, Joanna, because of the exceptional support that he has provided to KICC over recent months. Brydon has spent many hours helping with data entry, allowing essential development of the KICC project. He is also a long-standing volunteer at the MS Therapy Centre Lothian, and approaches every task with patience and careful attention to detail.

If you would like to nominate a volunteer of the month, please contact our volunteer co-ordinator, Chris (chris@mstc-lothian.org.uk).

★ And finally—Registration ★

Since The beginning of the year we have been up-dating our records and we need **ALL** clients to make sure they have completed a NEW Service User Registration Form. Please ask for a form at reception.

WE 
VOLUNTEERS

MS Therapy Centre Lothian



NEWSLETTER—Summer 2014



Introducing Malcolm Chisolm — the first ever patron of the MS Therapy Centre Lothian

We are thrilled to announce that as part of our 30th Anniversary celebrations, we have enlisted the first ever patron of our charity.



Malcolm Chisolm is currently the MSP for Edinburgh North and Leith, and was previously the Minister for Health & Community Care. He has announced that he will retire in 2016 to spend more time with his family and grandchildren. He said, “**Representing people in the north of Edinburgh and Leith has been the greatest privilege of my life**”. By championing and supporting the MS Therapy Centre Lothian, Malcolm will continue to give to the community and maintain his interest in health-related matters during his retirement.

Having visited the centre on previous occasions, Malcolm is very supportive of the work we do, and recently praised the centre in parliament during MS Awareness Week.

Malcolm has been described by his colleagues as an “outstanding public servant”. We hope that his well-respected position will add weight to the centre’s campaigns, helping us to secure funds and support in coming years.

Welcome

‘Summertime and the living is easy’- the well known words to a well known song. But when the temperature goes up, I know I don’t find the living easy! My regular dose of O2T certainly helps to make a difference to energy levels at the moment.

Recently there has been a couple of staffing changes, with Jonas finishing up in April- thanks to him for helping during his 6 months with us. The Board decided on amendments to a couple of roles to provide more flexible staff cover, with the result that Lynne is now undertaking a wider range of duties and we also welcome Fiona Murdoch to the staff team in the same role. There are also some changes in volunteers, with 2 of our longer-serving volunteers leaving us- we wish Mary Gray and Ross McConnell all the best and thank them for their many years of help. And we have some new volunteers (including Jonas!) too which is great- so welcome to you all.

We had our first AGM under our new constitution in June and we were very pleased to welcome Clair Bryan, the newly appointed Head of Operations from the MS Society as our guest speaker. The discussion was informal and interactive and we will definitely be working more closely with the Society in a positive way in the future. Thanks to those members who came to the meeting and to the trustees and staff for their efforts in preparing for it.

As you will see in this edition of the newsletter, the opportunities to help celebrate our 30th year in style continue- please help us make it a year to remember! For information on this as well as what is happening in and around the Centre, please check out our website, Facebook page, newsletters as well as the notices and signs around the Centre.

Carole Macartney

Oxygen Therapy

A couple of reminders to ensure that Oxygen Therapy sessions run smoothly and on time:

- **The timetabled start time is the time that the door is due to close.** Please ensure that you arrive **15 minutes** before this time, or longer if you need it, so that you have time to sign in, use the toilet and collect your mask.
- **Please do not touch valves inside the chamber unless the operator instructs you to do so.** If you have any concerns whilst inside the chamber, use the orange cord to sound the alarm and speak to the operator over the intercom.



Thank you for your cooperation.



Parking

As many of you have noticed, our new improved ramp has now been installed, with new railings to follow soon. The lower gradient of this ramp means that the parking spaces need to be recalibrated. In the mean time, if you use the space closest to the centre, please ensure that your position does not infringe on the remaining parking spaces.

It has also been asked that those who are able to walk longer distances make use of alternative spaces in the industrial estate and surrounding area. If you are accompanying somebody to the centre, please use the drop-off zone and then park elsewhere if possible. This ensures that the parking spaces near to the centre are available to those who need them most. Thank you.

A message from Rohan's family

Many thanks to all those of you who sent kind messages to Rohan's family following the sad news of his death. His wife, Zankar, has been in touch to say thank you. Their daughter, Trisha, is a joy to Zankar and she says that Trisha manages to keep Rohan's memory alive by her words and actions, and her cheekiness. Zankar has very happy memories of her time in Edinburgh and the Centre, and passes on her best wishes to all who know her.

MS: My Story

A pilot project that needs your support

"MS: My Story" is a proposed series of 8 creative writing workshops, specifically designed for people with multiple sclerosis to experiment with writing about their lives.

The groups will be led by a creative writing facilitator who focuses on the therapeutic benefit of writing - not spelling, grammar or 'literary' quality. This means that the *content* of the writing, no matter how personal, will be treated as important and valuable.

Writing is not a substitute for counselling or therapy, but it is a cost-effective, community-based and often enjoyable way to address emotional issues. Putting words down on the page can help you to order your thoughts, perhaps even leading to positive adjustments to your life. Penning a poem can also create a wonderful sense of achievement!

At the end of the 8 week series, participants will be given the option to publish a piece of their writing in a small booklet. The booklet will then be used to raise awareness of MS, and to raise some funds for the centre.

If you would like to support this project and make sure it goes ahead, please visit:

www.crowdfunder.co.uk/ms-my-story



thank you!

Recent donations

£715

In memory of Lyndsay Gow

£540

In memory of Janette McLaughlan

£465

Fundraising night, thanks to Jemma and Louise Fegan

£734

Raised as part of "Walk with Scott 2" - thanks to the Glynn family

£300

Donated by Jane Lockhart

£280

Cotton & Chintz - collection can

£150

Kittiwake Platform

Thank you to everyone that has made a donation to the centre, large or small. Every penny goes directly towards the running costs of the centre

Fundraising News

We have been very busy over the past few months, and so have our fantastic fundraisers and supporters! Thank you to all those who have organised, walked, run, attended and sponsored!

Edinburgh Marathon Festival

The centre was well represented at the EMF this year, with runners participating in the marathon, half marathon and 10K. Douglas (pictured) ran on behalf of his mother who uses the centre, he said, "the work that the centre does contributes massively to her quality of life and wellbeing".



Billy Elliot Screening

Special thanks to fundraiser and client, Lynsey Lawrie, who hosted a screening of Billy Elliot at the Dominion Cinema. Before the film, Lynsey showed a moving and candid video of her own experiences with MS, which featured the centre (and some of the staff). There was also a raffle, and a goody bag for each guest. All in all, the event raised an amazing **£3950!**

The Golden Mile

On Sunday 21st June, several clients and volunteers took part in the "Golden Mile" - a sponsored walk of 1, 2 or 3km which is suitable for anybody to take part. The sun shone on Silverknowes and a good day was had by all! If you missed out this time, look out for the Christmas walk later in the year!



When I Walk



Film Premiere and MS Awareness Week

To mark MS Awareness week, the MS Therapy Centre Lothian hosted a screening of award-winning documentary "When I Walk" at the Filmhouse. The event was well attended, with representatives from Leuchie House and the MS Society. You can read a review of the film, including questions from the audience at www.flicksandthecity.com (search for "When I Walk").

Mad Hatters Tea Party

A huge thank you to everyone who held a Mad Hatters Tea Party—over £1200 was raised. We hope you'll join us to do it all again next year!

