

Donating to the Centre

Each method of donating incurs some financial cost to the centre in the processing of that donation. Having looked at the different ways a few things became clear:

- Standing order payments are the most cost effective method of donating
- One large donation is more cost effective than several small donations equal to the same amount
- Donations via Virginmoneygiving.com are more cost effective than via localgiving.com.
- Money giving websites are **only** cost effective if you are eligible for Gift Aid (i.e. a current tax payer), as the service charge reduces your donation substantially.

If a non-tax payer donates £10 a week via localgiving.com instead of a monthly standing order payment, the cost to the Centre is £40.50 a year in charges. Giving £10 a week in cash still incurs costs of about £37.90 a year. This means that if everyone who currently donates weekly gave monthly, the Centre would save at least £2,000 a year. If you would like further information on donation methods please speak to me.

Chris

Christmas Fair & Coffee Morning

Yes, it's that time already! The Christmas Fair and Coffee Morning will take place from 10:15am until 12:15 pm on Saturday 9th November at the Craighall Centre. Tickets will soon be available from reception for **only £3**, which includes tea or coffee, home-baking, and entry into our prize draw.

We are still looking for donations of tombola prizes, and of home baking, homemade jam and marmalade. Please bring any items that you wish to donate along to the centre, thank you.



Meet a volunteer—Eva Alberiche

Eva will be a familiar face to many of you, as she has been volunteering with the MS Therapy Centre since moving to Scotland about a year and a half ago. When she first arrived here from Spain, Eva decided to try volunteering as a way of meeting new people from many different walks of life. She was also interested in the yoga classes offered here, as she was training as a yoga teacher.

These days, Eva teaches her own yoga class here at the centre, for the Edinburgh ME Self-Help Group. She also continues to volunteer every week as

an Oxygen Operator, providing essential support to the staff team and friendly assistance for our clients.

"It's a nice environment, with friendly people", she says, "to anyone thinking of volunteering at the centre—I'd say go for it!"

There are currently places available to those living with ME in a new yoga class on Broughton Street. Eva can also offer 1:1 yoga classes—contact eva.timetoyoga@gmail.com for more information.



Living better with self management

Self-management Awareness Week, 30th Sept-4th Oct

This year, to link with the Commonwealth Games, the focus of Self-management Awareness Week will be physical activity. Getting active or staying active can be a key tool for self-management.

Look out for information and activities in the centre, and find out more at:

www.myconditionmylife.org

MS Therapy Centre Lothian

NEWSLETTER—Autumn 2013



Moving and Handling Awareness for family carers.

Sat 12th October: 11am -2pm

Liz and Lynne will be running a practical information session on how to provide safe support in the home.

Book your place now by calling 0131 554 5384.



"Leuchie Lowdown"

Mairi O'Keefe, the CEO of Leuchie House in East Lothian, has offered to give a talk about the respite breaks provided at Leuchie – the only place in Scotland offering quality breaks in a non-clinical country house environment with 24-hour expert nursing care.

Call 0131 554 5384 or e-mail Louise@mstc-lothian.org.uk to register your interest.

Welcome

Hello everyone, welcome to our Autumn newsletter. These last few months have been very busy and as you will see, very productive. It has been a period of consolidation to establish solid foundations for many of our processes. In some cases this has necessitated changes, all of which have been done to ensure we keep our practices up to date and in line with expert advice in order to protect the health, safety and wellbeing of those who use the Centre. It has also been a period of developing effective partnerships with various organisations for our mutual benefit- this is something we will be seeking to develop further to help ensure the sustainability of the Centre in the longer term. As you may remember, one of our key objectives is to establish financial viability in the longer term- every penny of the donations we all make goes towards providing our services and the awards we have received are only given to us because we have established the necessary foundations. Please help to keep the donations coming in. Next year will be the Centre's 30th anniversary and plans for celebrations and raising funds are already in hand- so watch this space!

I am delighted that we now have a new Treasurer- Cathal Cunningham who will be taking over from Ken Cameron. Ken officially stepped down at the AGM in June but has continued to provide support over the last few months on a volunteer basis. I would like to thank him for doing this as well as for his hard work and conscientious approach over the last 2-3 years.

However we also received some very sad news regarding one of our former staff. Rohan Desai, our previous physiotherapist passed away in India last week following a period of ill-health. He was a very valued member of the team when he worked with us and always had a very enthusiastic approach. We send our sincere condolences to his wife, Zankar and their daughter- they are very much in our thoughts.

I hope you enjoy reading the newsletter and as ever if you have any comments or suggestions for articles of interest, please let us know.

Carole Macartney, Chair of the Board of Trustees

Manager's Update

First of all I would like to take this opportunity to thank everyone - clients, volunteers and staff - for their cooperation, patience and support during our recent health & safety and risk assessment process. I do appreciate that changes in working practices are not always easy, and we have had a number over the past 10 months, but hopefully everyone understands that these new procedures are necessary, and are designed to ensure that we provide the best possible service to the benefit of everyone at the centre. Thank you.

Good News! Louise's role as Project Support Worker has now been secured for the next year through a jointly funded award from The Weir Charitable Trust and The Robertson Trust.

We have also just secured funding from Awards for All to create a DVD on 'Understanding Oxygen Therapy'. Essentially, the aim is to ensure that our new clients can make informed decisions about Oxygen Therapy, and are put at ease, and confident about the therapy. Creating and producing a DVD discussing and highlighting the necessary information and the experiences will be hugely beneficial. New clients will be able to assess the therapy at their own pace and in the comfort of their own home. We are hoping that existing clients will get involved and speak about their conditions and their particular individual experiences and benefits of Oxygen Therapy. If you are interested, then please advise Chris.

Thank you again for your continued support in maintaining and developing the MS Therapy Centre's services. *Nancy Campbell*

Fundraising Group Update

The fundraising group have been busy gearing up for a bumper year of fundraising in 2014, as it will be the 30th Anniversary of the centre's opening. Planning is already underway for a **30th Anniversary Ball** at Murrayfield Stadium. We are currently looking for sponsors to help us to host the event, and we hope to have tickets on sale at the beginning of next year.

We are also planning a "Mad Hatters Tea Party", as suggested by our volunteer Mary Gray. We hope this will be a large scale event involving schools and the local community, and we are in talks with the Leith Festival about getting involved in their gala day next year.

Towards the end of this year, look out for the **Big Give Christmas Challenge**, a great opportunity to have your online donations to the centre doubled. And of course, Christmas is coming, so do come along to our Christmas Fair on **Saturday 9th November at the Craighall Centre**.

Please Support: Dean Vs MS www.virginmoneygiving.com/DeanReilly and **Lynsey Fusco**: www.virginmoneygiving.com/team/LynseyFusco both of whom have taken on the challenge of climbing Kilimanjaro in order to raise funds for the centre!

If you would like to get involved with fundraising, call Louise on 0131 554 5384, or e-mail Louise@mstc-lothian.org.uk. *The next fundraising group meeting is on Wednesday 6th November 12pm—all welcome.* *Louise*



Dates for your diary

**Mon 30th Sept
— Fri 4th Oct**

Self-Management
Awareness week

Sat 12th Oct
Manual Handling
awareness for family
carers, 11am-2pm.

Wed 16th Oct
Can collection,
Tesco Duke St
Volunteers needed!

Wed 6th Nov
Fundraising Group
Meeting, 12pm. All
welcome.

Sat 9th Nov
Christmas Fair
The Craighall Centre

Thurs 5th—Sat 7th Dec
Double your online
donations through
The Big Give



Suggested Donation

A reminder that the suggested donation for Oxygen Therapy and Physiotherapy is now **£12.50**
Thank you.

thank
you!

Recent donations:

£865

in memory of Ian
Wallace

£500

Dunfermline Golf Club
*Allocated to physio
walkway*

£1737.56

*Scottish Gas Team
(On-going)*

£1000

Cruden Foundation
*Allocated to new oxygen
chamber seating*

£2240

J Smart & Co

£110

Charity dinner,
Clydebank

Other large donations from:

Mr & Mrs Blackie

Mr Gray

Mr & Mrs McLeod

Thank you
to all of our supporters
and donors. All of
these donations will go
directly towards the
running costs of the
centre.

KICC Active Lothian

In our last Newsletter we advised you of our new joint project KICC Active Lothian, and the appointment of Joanna Cole-Hamilton as our Development Coordinator. MSTC had been successful in a joint bid and in partnership with The KICC Project. The KICC Project was started by a group of self-managers living in East Lothian in 2008. In November 2011 KICC members were approached by the NHS Lothian MS Team and asked to consider expanding KICC Lothian wide. In April 2013 the Alliance Scotland awarded a two year grant to fund the Lothian-wide rollout of KICC Active Lothian.

This is a new accessible community based exercise programme (Pilates, Yoga, Tai Chi) planned for the Lothian area. Designed for people with mobility challenges it could be just the local class you are looking for. Classes are relaxed and gentle, and led by Tutors experienced in working with people living with MS, Parkinson's, arthritis or other limiting conditions. The classes are designed for people with variable levels of mobility and agility recognising the impact that a fluctuating condition can have on each individual's energy from day to day.

This is an opportunity for MSTC to reach out to more people affected by MS and increase influence beyond Swanfield, Leith.

The intended timetable for roll out is East and Midlothian Sept/October 2013, West Lothian October-December 2013 and Edinburgh early 2014. If you stay in the Lothian area, and have been planning to increase your activity level, then this will be beneficial for you. Regular participation in exercise could be a route to better sleep, increased stamina, greater flexibility, improved balance and you will meet new friends. If you would like to see classes in your area please contact Joanna on 07436 102726, email: joanna@kiccactive.org.uk or visit the website: www.kiccactive.org.uk.

Thank you, Janice Thomson (Director/Trustee MSTC & KICC)

Getting Muddy for MS!

Meet Christie— one dedicated fundraiser who negotiated her way round a 12 mile military-style obstacle course to raise money for the MS Therapy Centre Lothian.

During the course, which was designed to test the physical and mental strength of the British Special Forces, participants have to face fire, water, mud, electric shocks and dizzying heights in order to reach the finish line.

Despite all this, Christie told us, "the day went well with amazing support from my team members and the crowd who cheered us on and helped push ourselves to complete the course!"

Christie chose to support the centre as her Uncle receives regular Oxygen Therapy here. She has raised over £300 in sponsorship saying that it was "easy to receive sponsors as it was for such a worthy cause".

