

Oxygen Therapy (O2T)

From 1st January, clients with other health conditions can book 2 weeks in advance. We appreciate this will make it more difficult to plan ahead, but as a MS Therapy Centre we give priority to those living with MS.

Also from 1st January, we will be **reintroducing** key protocols that have lapsed in recent years. **NO BAGS** will be allowed in the chamber. We have a duty of care not only to our clients but to adhere to key O2T guidelines and Health & Safety regulations. We always strive to make oxygen therapy as comfortable as possible but I am sure you will appreciate your safety is paramount. Lockers are available for non essential items.



We have made a few amendments to the oxygen therapy schedule which will be effective from Monday 13th January. This is to ensure we are meeting current demand and making the most efficient use of our sessions. Please see the enclosed timetable for all changes; we review the demand and session attendance on a regular basis.

Remember, the capacity of a sessions is 8 seats, or 6 where there are 2 wheelchair users, therefore it may not be possible to include the high backed chair in all sessions. Do try to arrive 15 minutes before your session, it ensures the session starts on time.

Payments and donations

PLEASE NOTE payments for Pilates, yoga and group physiotherapy are not donations, they are service charges. For Pilates and yoga 6 session cycles (blocks) must be paid for in advance. Instructors provide these sessions at a reduced rate, which we then pass onto our clients, therefore it is important that Instructors' charges are met. As from 1st January payments for a 6 week block will be £36 paid in advance. Clients wishing to attend individual sessions or weekly (where there is space) will be charged £10 per session. Group Physio classes do not have to be booked in blocks—they are £6 per individual session.



As you know we suggest an appropriate donation of £12.50 for O2T and Physiotherapy sessions to contribute to the running costs of these services. However at present we receive about 66% of this suggested donation level for O2T and 50% for physiotherapy. Of course, we recognise that not everybody can afford £12.50 each time but please remember that fundraising in the current climate is extremely difficult every penny under £12.50 has to be raised in some other way.

EGM (Extraordinary General Meeting)

Many thanks to all the members who came to the EGM on 11 November. The purpose of the EGM was to consider the amended Articles of Association which in effect provide the legal scope/framework within which MS Therapy Centre Lothian operates as a charitable company. These changes followed the recommendations outlined in the report from the independent feasibility study carried out last year.

There was some stimulating debate on both the resolutions. A 75% majority of those who attended (including proxy votes) was required for passing the resolutions. In relation to the approval of the amended Articles of Association, 88% of the votes were in support of this resolution. The second resolution related to the membership fees for 2014. The proposal of £12 per annum was supported by 89% of those voting, so both resolutions were passed and the changes will come into effect from 1 January 2014. We are hopeful that the newly revised website can be adapted early in the New Year to include a section containing the minutes of both general meetings and regular business meetings attended by the trustees. The minutes of the EGM will then be made available on the website in draft (pending consideration at the next general meeting which is likely to be around May/June 2014).

Carole Macartney



MS Therapy Centre Lothian



NEWSLETTER—Winter 2013



The MS Society can give grants towards items you may need as a result of your MS, if there is no health or social services funding available. They can help with things like: home and car adaptations; mobility aids, wheelchairs and other specialised equipment; driving lessons for a person with MS or their carer; short breaks and respite care; activities for adult carers, including hobbies or courses; grants for young carers to help with things like music lessons, school trips and sports equipment. To find out more about financial assistance from the MS Society, **contact your local branch on 0131 335 4050.**

CARERS Scotland the voice of carers

Record numbers of carers are missing out on vital financial support due to a lack of advice, charity Carers Scotland have revealed.

Carers Scotland has provided a Carers Rights Guide, available at www.carersuk.org/scotland. Support is also available from local charity, VOCAL (www.vocal.org.uk).

If you would like workshops or information sessions to be delivered at the MS Therapy Centre, please speak to a member of staff.

Welcome

I can't believe it!! No it's not Victor Meldrew writing in our newsletter- just astonishment that we are nearly at the end of another year. It does not seem very long since last Christmas and in fact, my unused cards from last year have never even made it into the 'Christmas box'.

As ever the last few months have been busy and productive. We are delighted to welcome Jonas Peters who is working with us through Community Jobs Scotland (CJS) for 6 months and is settling in well. CJS provides funding for organisations to employ and support young people who don't have much work experience, in entering the workforce and building work and life skills.

It's also lovely to see Gillian Robinson back for a small number of hours each week. She is looking at the next stages of development for the physiotherapy service for the coming year as well as aiming to re-introduce acupuncture sessions.

I thoroughly enjoyed meeting so many people at the Christmas Fair and Coffee Morning in November- what a buzz there was in the Craighall Centre. It was a very sociable occasion which went very smoothly. Behind that calm exterior, there had been a huge amount of hard work on the run-up to the event and on the day itself. I would like to reiterate our thanks to everyone who contributed in some way to the success of the day and in particular, to Sheila West who master-minded the whole operation. Raising £1640 was fantastic- but equally important was the opportunity for getting together socially.

2014 is our 30th year of operation- and as you will see in the newsletter, there will be a year-long programme of events to celebrate, to raise our profile, to engage with partners and the local community and to fundraise. So watch this space and the website for up to the minute information on our plans.

As we approach the end of 2013, I would like to take this opportunity on behalf of all the trustees to wish you a very Merry Christmas and a happy and healthy year ahead.

Carole Macartney

KICC Active Lothian



KICC Active Lothian is the partnership between MSTC and the voluntary group KICC. The MSTC yoga and Pilates classes have been highly successful and we want to share the benefits of these classes with more people. KICC Active classes are run not at the MSTC, but in the community throughout the Lothians to make it as easy as possible for people to access suitable exercise classes.

There are now five classes throughout East Lothian, from Dunbar to Musselburgh, and three classes in Midlothian, in Dalkeith, Penicuik and Newtongrange as well as a class in West Lothian in Bathgate.

New classes are starting all the time and very soon there will be classes in Stockbridge and Corstorphine as well as Livingston.

People who take part in the KICC Active classes notice an improvement not only in their physical health but in their mental health and wellbeing too.

"I look forward to my classes. It motivates me to feel better mentally and stay mobile. I want there to be more classes so that it can help others the way it has helped me."

So if you, or anyone you know would like to attend a class visit the website www.kiccactive.org.uk or contact Joanna on **07436102726** / joanna@kiccactive.org.uk

Physiotherapy Services

1:1 Physiotherapy—IMMEDIATE APPOINTMENTS AVAILABLE

As many of you will know, the physiotherapy service here at the MSTC has been reduced for some time now. However, since the recruitment of Liz Day into a permanent physiotherapist position in July, and the return of Gillian Robinson following her maternity leave, we are delighted to be able to offer immediate appointments. Yes, that's right, **NO WAITING LIST!** So please, get in touch if you'd like to see us.

Physiotherapy assessment can be useful for EVERYONE! Input from our service is an essential component of the management of any long term condition. Physiotherapy has been shown to help sustain mobility and independence. We also offer a range of group physio classes.

ACUPUNCTURE

With the return of Gillian, who is also trained in acupuncture, we hope to extend the availability of this treatment option. It can be useful for many aspects of MS such as pain, fatigue, muscle tone problems, insomnia, bladder problems and neuralgia. Again, please express an interest by phone or email if this is a treatment you would like to try.

FEEDBACK—If you would like physiotherapy services available in the evening and/or weekend please let us know, by email (admin@mstc-lothian.org.uk) or speak to a staff member.



Volunteers of the year 2013

Congratulations to Mary Gray and Laurence Daniels, who were named as the MS Therapy Centre Lothian's Volunteers of the Year at this year's Christmas dinner. This award is to highlight the fantastic work of Laurence, who is an indispensable 'handyman' to the centre, and Mary, who is one of our longest standing volunteers. However, we are extremely grateful to every single one of our volunteers for the all the time and dedication that you have given us in 2013.

We are very sorry to say goodbye to Marjory and Derek Whigham, who will be giving up their regular Tuesday slot after 10 years of volunteering here. Several other volunteers have sadly left us to pursue new adventures- best of luck to all of you, and many thanks!

Luckily, we have also welcomed lots of new volunteers to the centre in the past few months, and we look forward to working with this fantastic team in 2014. Look out for our new "Volunteer of the Month" award, beginning in 2014, which will highlight the work of various volunteers throughout the year.

We are always looking for new volunteers to join our team—if you or someone you know would like to come along and help out, contact: chris@mstc-lothian.org.uk.

thank you!

Recent donations

£1000

The Mickel Fund

£5000

Margaret Turnbull

£279.75

Sale of Christmas cards by
Anne Mathison

£1640

Christmas Fair

£1000

Martin Connell Charitable
Trust

£217

John Mullings
Bournemouth Marathon

£700

Leith Rotary Club
(Oxygen Analyser)

£172.36

Burlington Bertie's
Tollcross Chilli Challenge

£1000

Albert Hunt Trust

£1000

Hugh Fraser Foundation

£75

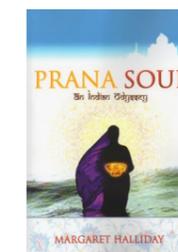
Leith Bowling Club Ladies

£170

White Stuff Ltd

30th Anniversary Celebrations

Just a few weeks to go until our 30th year, and our fundraising calendar is really filling up! Look out for the following events over the next 12 months:



25th January—Book Launch, Margaret Halliday's "Prana Soup"

We are very pleased to be hosting the launch of Margaret Halliday's book recounting her travels in India, 10 years after being diagnosed with MS. Tickets will be on sale soon—just £5 which includes Indian nibbles!

24th-28th March—Mad Hatter's Tea Party

Time to dig out your hats and teapots! We will be asking schools, workplaces, community groups, clients, friends and family across the Lothians to host tea parties, raising money and awareness for the MS Therapy Centre Lothian.



28th April—"When I Walk" film premiere

"An emotional documentary filled with unexpected moments of humour and joy, WHEN I WALK is a life-affirming film driven by a young man's determination to survive—and to make sense of a devastating disease through the art of cinema"

We will be showing the film at the Filmhouse to mark the beginning of MS Awareness Week 2014.



14th June—Leith Festival Gala Day

A great chance to get involved with a fantastic event in our local community! We're hoping to join the pageant on gala day, and hold a stall on Leith Links. Fingers crossed that the weather will be as good as last year!

7th September (tba) - 30th Anniversary Ball

This promises to be a glamorous event, with dinner, drinks and music. The venue is yet to be confirmed, so watch this space!

We will need all your support to make these events successful, so please do come along when you can, and spread the word among your friends, family and colleagues. We are also open to further suggestions to help us celebrate our 30th year—if you have any ideas, please speak to Louise at the centre, or e-mail Louise@mstc-lothian.org.uk.