

Thank
You

Legacy Donations

**Nelson Solicitors – Mr
Connelly**
£500

Other Donations

Gillian Thorpe
£1468

Lesley Malcolm £578
(Fundraising Total £1015)

Smart & Co
£2,244

A Dick

Funeral Collection £968.05

Chris MacLauchlan
£170

Mrs Morrison
£300

Mrs Olive Moran
Birthday Collection £300

Glenn family
£150

Alison Clowes
£480

Philip Seaton
£229.04

Lorna King
£150

**and a massive thank you to all
our Edinburgh Marathon
Festival runners!**

Coming up



We are planning another series of Creative Writing Workshops. Register your interest with Fiona. The pilot group have published a short anthology called MS: My Story which is available in the Centre.



Self - Management week is from 28th Sep. - 2nd Oct. This year, the theme is inspiration - **What inspires you to self manage? How do you inspire others? Any ideas to help spread the word are most welcome!**

We hope to host an exhibition by an artist living with MS and use the event to raise awareness of self management.



We would still like to reincarnate the Service Users Forum. It is a great way for clients to raise any issues or make any suggestions as to how the Centre is run. Again, speak to Fiona.



We have decided to hold our Annual Christmas Fair here in the Centre on November 14th. We will need lots of help to make sure this remains a major fundraising event and will be asking for donations of raffle prizes and volunteer time!



In September, VOCAL Carers will be holding an information session covering welfare benefits, Guardianship, Power of Attorney, changing relationships, accessing services, what VOCAL does and stress management. Watch out for posters around the Centre giving dates and more information.

Caring for someone?

Caring for someone with MS? Weekly learning and support sessions are running on Tuesday evenings, 6pm to 8pm, from 13th October to 17th November at VOCAL Carers Centre. Call 0131 622 6666 to reserve a

New Booking System

At present we are developing a new, more efficient booking system. Over the coming months to ensure our records are accurate, clients will be asked to fill in new registration forms and HBO clients will also be given our new Oxygen Therapy Handbooks.

And Finally.....

We have some clients interested in setting up a West Edinburgh MS Support Group - if you might be interested in this, let us know.

We very much appreciate all the fundraising that goes on throughout the year and are always on the lookout for new ideas and suggestions, both to raise awareness of the Centre and to raise funds to safeguard our future. Speak to staff or use the suggestion box!



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MS Therapy Centre Lothian

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NEWSLETTER — Summer 2015

Introduction

Whilst preparing this edition of the newsletter, it certainly didn't feel like summer, however, we will continue pretending it's summer for a few more weeks until we can feel justified putting the heating on!

You may have noticed a couple of staffing changes. Liz (physiotherapist) has started maternity leave and will be away for the next year- we wish her all the very best over the coming months. To fill in, we were delighted to have Manolis Sfakianakis join the team on 15th June and he is already settling in well. Damien May is also a recent addition to the team as General Assistant mainly covering evening hours and Saturdays. Some of you may know Damien already as he has previously been a volunteer with us. We also have some new volunteers which is great- so welcome to you all.

Thanks to all the Centre members who came to our AGM in June- and to the trustees and staff for their efforts in preparing for it. Membership is open to anyone who has an interest in promoting the aims of our charity, you do not need to use our services. Similarly those who use our services are not automatically members. Membership costs £12 for the calendar year and if you are interested in having a say in the running of the Centre or being involved in how we do things, please ask Fiona for a membership form. We welcome members from all backgrounds- the more diverse the better- in our efforts to enable people living with MS to actively manage their lives.

*Carole Macartney
Chairperson*

IMPORTANT - Online Donations and Payments for Therapies

We are unable to claim Gift Aid on donations for Therapies such as oxygen therapy, physio and physio classes. We need to separate these donations from other fundraising.

PLEASE ENSURE THAT PAYMENTS FOR THERAPIES GO INTO THE FOLLOWING ACCOUNT.

Multiple Sclerosis Therapy Centre. Acc. No. 00192103. SC. 83-24-18.

Only use Virgin Money Giving for other donations and fundraising.



Introducing Manos

Manolis Sfakianakis, or Manos is a recent graduate from Queen Margaret University. Manos, originally from Greece, moved to Scotland in 2012 to continue his studies in Physiotherapy.

Manos, from a young age, developed an interest in movement, body function and muscle energy and with his interest in helping other people he studied to become a Physiotherapy assistant and expand his knowledge. He subsequently worked for 3 years as a massage therapist and physiotherapy assistant next to musculoskeletal physiotherapists. He came to envy their ability to treat and help people improve their day to day experience and offer a better quality of life.



In 2010, having completed his national service in a small unit health care centre where he took care of his fellow soldiers. Manos decided to expand his skills and knowledge by enrolling in a BSc Hons Physiotherapy course in Athens before moving to Edinburgh having secured a 2nd year place at QMU.

During his studies, Manos learned about a wide range of NHS services including community and elderly healthcare, musculoskeletal clinics, respiratory treatment for children and rehabilitation. He gained further knowledge and skills and found his true passion was working with people living with neurological conditions. For this reason he undertook his elective placement in a central rehabilitation clinic treating people with brain injuries, stroke and a wide spectrum of neurological conditions. Manos wants to use his time with us to learn more about how to help people and his main goal is to become an expert neurological Physiotherapist.

Putting work aside, Manos likes to socialise, spend time connecting with his body through training or mindfulness, reading books and cycling. One of his ambitions at the moment is to learn French, which he has been working on for the past few years parallel to his studies.

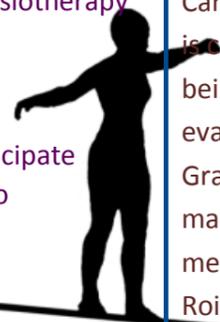


Physiotherapy

With the recent appointment of Manos (see above!) we have been able to create many more physiotherapy slots throughout the week.

We are also developing a new exercise class which will focus on **Balance** - we anticipate that this will be a popular and helpful class so please speak to either Fiona or the physiotherapy team for more details.

Our Home Visit (outreach) programme has been a useful addition to our services and has been extended, in the meantime, till the end of the year. We can visit you at home for physiotherapy appointments if you are unable to get to the Centre or if you need advice or information about how to manage best in your home environment. Again, feel free to ring us to book a visit.



Gateway and Grapevine

The Health and Social Care Gateway is currently being evaluated and Grapevine are seeking further funding to maintain this useful service. In the meantime, we are continuing to work with Roisin McVie and can still refer any clients with neuro progressive conditions who need advice and information.

We are also planning an advice workshop with Gateway on Personal Independence Payments and other benefit changes sometime during October at the Centre.



Janice's 30-mile Challenge

To mark our 30th year celebrations last year, Janice Thomson, one of our Trustees, embarked on a new regime of exercise in October. Here we are in August 2015 with an update on what has happened, changed and improved - have all the targets been met?

NO!!!! The '30 miles on a bike' and '30 miles in a boat' were completed by December. The recumbent bike

most suitable due to poor balance. Starting with short cycles of half a mile and building up, within the first two weeks she had covered eleven and a half miles. The rowing machine was a revelation. Janice really enjoyed rowing as it allowed a safe stretch. Rowing improves the muscles used to sit up straight – and those had not been pressed into service for a long time. Again, having started slowly with 15 minutes w each visit to the gym, the miles soon glided by!

Thirty miles in the water took longer but was achieved by mid-February 2015. The pool is in Tranent and forty lengths = 1 mile. Janice was also able to swim regularly in Arran over Christmas and New Year where the public are allowed to use the Auchrannie Spa pool. What a treat! Stretching on the bike is good but the buoyancy of the water is best for getting your legs stretched behind you, catching your ankles and drawing them closer to your bottom, easing shoulders back and keeping the neck long and chin down. Don't forget to breathe and hold it for at least two minutes. Bliss.



So we asked Janice what went wrong with walking 30 miles? "Well... I bought a pedometer. We got a Labradoodle pup on 5th December – surely dog training would eat up the miles? Not a bit of it. I am still only at 28 and a quarter miles. The walking has become by far the hardest challenge."

What has changed? "The local gym was a wonderful resource and I still row and cycle twice a week. Swimming always was my exercise of choice but since I started the MS Smart Trial I am having some problems with balance and have started to use the chair hoist for getting in and out of the water. I am so pleased I asked to practice with the hoist when I was still well as I am not scared to use it now that I am less able. Did I lose any weight? Not a single pound. But I am fitter, my mood is improved and my muscles are stronger. Exercise has become part of my regular weekly routine and I look forward to the gym, tai chi, yoga and Pilates."

Charity of the Year

We are very excited to be the nominated Charity of the Year for Maclay Murray & Spens LLP. With a team of almost 180 in Edinburgh they will spend the next year climbing mountains, cycling and baking to raise funds. Dean Reilly will be telling his personal story at their 'Lunch and Learn' event in September where their fundraising team will introduce us and our work to all their colleagues.

Please "remember your manners". Thank you!

We ask that all users of the Centre remember to treat our staff and volunteers with respect. Staff do their best to provide a professional, welcoming environment and this would not be possible without our team of wonderful volunteers who give up their free time to support the Centre.



30 miles on a Bicycle.

30 miles in a Boat.

30 miles on Foot.

30 miles in the Water.

Outside Space

Following a suggestion by a client that we provide an outside space for access to a bit of sunshine (hmmm..).

Fiona Burns took on the challenge and persuaded Jim Harbison, the strategic planner working to help bring Aldi to Leith, to donate a bench and planter so we have somewhere to sit and stimulate that vital vitamin D.

