

KICC ACTIVE LOTHIAN

Over the two years KICC Active Lothian has been running, we have offered 967 classes to 300 people. We have made exercise accessible with classes in the community in local venues with local, skilled tutors who have gained knowledge and experience by working with us.



KICC Active Lothian

We ran a total of 31 weekly self-management activities of which 21 have become self-supporting and sustainable. We offered various types of exercise, starting with yoga, Pilates and hydrotherapy. In Edinburgh we set up circuits (aerobics) classes, in East and West Lothian we ran "Yoga for Healthy Lower Backs" programmes and in Midlothian, West Lothian and Edinburgh we ran four Tai Chi programmes as well.

We have built a network of 35 tutors, 24 of whom have helped to run classes enabling them to expand their experience, confidence and skillset. We have assisted tutors with financial support to undertake CPD to enhance their work with people with long-term health conditions thereby leaving a lasting legacy in the community.

We have identified suitable venues throughout Lothian and have built and sustained partnerships to support access into our classes. Watch this space for information on the next steps for the programme.

Home Energy Scotland

Home Energy Scotland is Scotland's leading source of free, impartial advice on making the home cheaper to heat. Anyone worried about their bills, struggling to heat their home or interested in becoming more energy efficient can benefit.

Funded by the Scottish Government and delivered by Energy Saving Trust, we offer advice on all aspects of energy efficiency, from how to save money on fuel bills to what government funding is available to help someone install home insulation or a new heating system.

There is a free, friendly helpline, plus a home visit service for anyone who has difficulty using the telephone or needs face-to-face advice.

On **7th of April** at **1.30pm** at the Centre an Advisor from Home Energy Scotland will deliver a workshop on saving energy and money on your fuel bills. In the meantime, contact freephone Home Energy Scotland on 0808 808 2282, or visit www.homeenergyscotland.org, to pick up useful hints and tips and to see if you qualify for government funding to help make your house warm and cosy.

Gateway Advice Sessions

Gateway provide information and advice for people with neuro-progressive conditions.

Roisin from Gateway will be in the Centre on the following dates.

MARCH (Tuesday 24, 31) 10.00-12.00am

APRIL (Thursday 9, 16, 23, 30) 2.30 - 4.30pm

Information about disabilities, benefits and funding. Ways to stay well. Getting out and about and working. Plans for the future. Direct you to other sources of support.

If you cannot make these times you can contact Roisin directly on 07702 918951 or hsc.gateway@edinburgh.gov.uk.



Scottish Charity 014991

Company Ltd by Guarantee SC122837

NEWSLETTER—Spring 2015

Introduction

Well, as we welcome Spring, we are told that it is likely to have been the sunniest winter on record- at the moment it doesn't much feel like it as the snow is falling outside!

With all the activity in the Centre in December/January, we did not manage to produce a Winter 2014 newsletter as the eagle-eyed amongst you may have spotted. Our apologies for this- but this edition will make up for it. There are many interesting features in the newsletter- one to highlight is that the funding for the original KICC Active Lothian project will come to an end on 31 March. We are currently awaiting the outcome of applications to hopefully develop this project further but are sorry to say that Joanna Cole-Hamilton will be leaving her role as Project Coordinator at the end of March. She has done a great job over the last 2 years and we wish her well in her new position with the Macmillan MoveMore project.

You may have noticed the messages about this year's Mad Hatter's Tea Party event. As you will see there is still time to get involved in this major fundraising initiative. The need to continue fundraising is a core activity for the Centre- as statutory services are reduced then more people are relying on the support the charitable sector can offer. Please get involved if you possibly can.

Carole Macartney



www.msto-lothian.org.uk

www.facebook.com/MSTherapyCentreLothian

www.twitter.com/MSTherapyCentre

Mad Hatter Season

From 27th March to 3rd April Mad Hatter Tea Parties will be taking place all over Edinburgh, the Lothians, Borders and Fife. Holding a Mad Hatters Tea Party in your home, school, office or community centre is great way to bring people together for a good cause and can help raise awareness of multiple sclerosis and the support available at the Centre.

Our fundraising packs contain almost everything you will need to hold a fabulous party. You will just need to supply the tea, cakes and guests!

Pick up a pack in the Centre or speak to Fiona about how to get involved.



**YOU COULD GET FREE INSULATION,
BOILERS AND A NEW HEATING SYSTEM.**
HOMEENERGYSCOTLAND.ORG



Physiotherapy Update

PHYSIOTHERAPY AT HOME

DID YOU KNOW, that as well as providing physiotherapy at the MSTC, we are now able to come and visit you at home? If you have problems getting to the centre, or if you have questions about how to exercise at home, this might be just for you! If you, or anyone you know, are interested, please give us a call.

GROUP CLASSES

We continue to hold group exercise sessions at the centre for various abilities. Again, call us for more information.

INDIVIDUAL PHYSIOTHERAPY

Of course, one-to-one physiotherapy assessment and treatment sessions continue to be available Monday to Friday. Saturday appointments can be arranged on request.

Oxygen Therapy Health & Safety Protocols

Regrettably, it has been brought to our notice that not all clients willingly comply with these protocols. We are sure you will appreciate that the health and safety of our clients, volunteers and staff is of paramount concern, and as a responsible organisation we have a duty of care. We must adhere to specific regulatory and good practice guidelines. Can we please ask all our clients to work with us and help us in maintaining these standards? Thank you.

Meet our Intern!

Hi! My name is Bianca Forte and I am interning as part of my study abroad program! I attend Furman University in my home state, South Carolina. I am majoring in Health Sciences with a pre-health focus and hope to pursue a career in advanced nursing with a focus in paediatrics. Having entered Furman I always knew I wanted to study abroad and after researching numerous programs, I realised the Scotland program offered unique opportunities including an internship, which would enable one to gain experience in the field that he or she is interested in and wanting to learn more about. After learning about my acceptance into the Scotland study abroad program I was then matched, based on my strengths, interests, and passions, with the MSTC as my internship placement.



Although, I have only been interning for nearly two months I have had the opportunity to see first-hand how the Centre provides care and support for its clients through various capacities. Each and every day I look forward to meeting with clients to learn more about their condition and how the Centre enables them to actively manage their lives. Over the course of my program I hope to strengthen my understanding of neurological diseases and conditions, their effect on individual health and wellness, and the benefits of oxygen therapy.

Additionally, aside from my internship here, I am hoping to travel throughout Europe to see more of what the world has to offer. Currently, I have travelled to various places in Scotland (Glasgow, St. Andrews, and Stirling) and a few beyond. Some destinations outside of Scotland include Paris and London. Over the course of my time abroad I am hoping to travel to other countries such as Ireland, Italy, and Spain.

Thank You

Legacy Donations

Mr John McConachie McBean

£50, 000 (awaiting funds)

Mrs Gladys Weal

£1000

Other Donations

Royal Bank of Canada

£2950

Edinburgh Bar Association

£500

Phil Seaton

£500

Leith Pilates

£261

Principal & Prosper

£200

Edinburgh Uni Musical Medics

£573

Anniversary Auction

£501

Garry Stephen

£1500

Edinburgh University

Accommodation Services

£1200



Members of the Social Committee at The Royal Bank of Canada who chose MSTC as their Charity of the Year 2014. Thank you!

Marathon Man

Dean Reilly is delighted to be running the London Marathon on April 26th in aid of the MS Therapy Centre. "I'm very proud to support such a fantastic charity that does such amazing work for people living with MS. You can find the link to my fund raising page at <https://w.facebook.com/DeanVsMs>.



Energy Efficiency

Our central heating and lighting systems, and the chamber compressor were old and inefficient. We asked Resource Efficient Scotland to assess us and provide a Business Case for upgrades. The Board agreed to the capital expenditure, and a new compressor was bought and fitted in November, a new energy efficient boiler and heating system was installed before Christmas and an energy efficient lighting system was installed in January. The contractors did a great job installing the systems whilst the Centre remained open- it was not easy! These new systems were required to meet safety standards as well as improve the efficiency and comfort of those using the Centre (and our carbon footprint) and provide a far more pleasant, warmer and brighter environment for clients, staff and volunteers.....

Hearts Auction Winner!



I was the lucky winning bidder of the prize kindly donated to the Centre by the team at Hearts FC. The day started when myself and my friend Brian Blyth were met by Anne Park, head of Commercial Operations. She introduced us to our Chairwoman Ann Budge, Dir. of Football Craig Levein and Scot Gardiner and his lovely wife Corrine in the Boardroom. We were offered a drink and introduced to Commonwealth Games Gold Medallist Hurdler Eilidh Child. Ann Park mentioned that we were there as winners of the auction and we chatted with Eilidh about her experiences in Glasgow and how inclusive the games had become. The Directors from Alloa arrived and we met Chairman Mike Mulreany and Vice Mike Ross. The first half of the match was excellent despite the bitter cold, with Hearts scoring two great goals. At half-time we retired to the Boardroom for soup, pies, drink and more chat. The second half was less eventful and the score remained 2-0. After the game there was a lovely buffet and more drink!!!!. We left about 5.45 after saying thank you to Ann Budge and Craig Levein with autographs on the match programme and also met a couple of the players on the way out. (Jamie Walker and Osman Sow). It was an excellent day! Iain Daniels.